

Reference

Title: Help Me With My Teenager! A step by step guide for parents that works

Author: Christina Botto

Rating: 

Must Read!

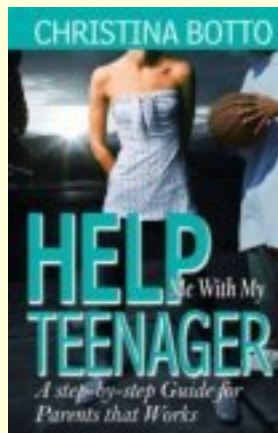
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Reviewed by: **Heather Froeschl**

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If you are the parent of a teenager you may have had some challenging moments... you also may have run screaming to a friend begging for advice. Some teens are the type you need an instruction manual for, while others are perfectly understandable. Christina Botto offers a guide for parents of teens, that she says "works." "Help Me With My Teenager!" is a step-by-step guide, that instruction manual parents sometimes wish for.

Botto shares her own experiences, being the mom of two young women who made it through teenhood. Once she has you at ease that she has been there and done that, she explains that the best approach to having a better relationship with your young adult is to understand what it means to be a teen. You probably remember but it doesn't hurt to be reminded. Botto then goes on to give advice on connecting with your teen, giving them room to grow, dealing with their friends, setting limits, and enjoying your relationship with your teenager. You can do it!

This guide is a no nonsense "how-to" that is likely to save many relationships. Being reminded to be careful of what we say, how to act, and react, is worth its weight in gold. Some of the tips are so slap-upside-the-head simple that you'll feel a Homer Simpson moment of "Doh!" Others are full of insight that you just may have never thought of.

If you need a little guidance, a friendly whisper in the ear about what works and what doesn't, Christina Botto is here for you.