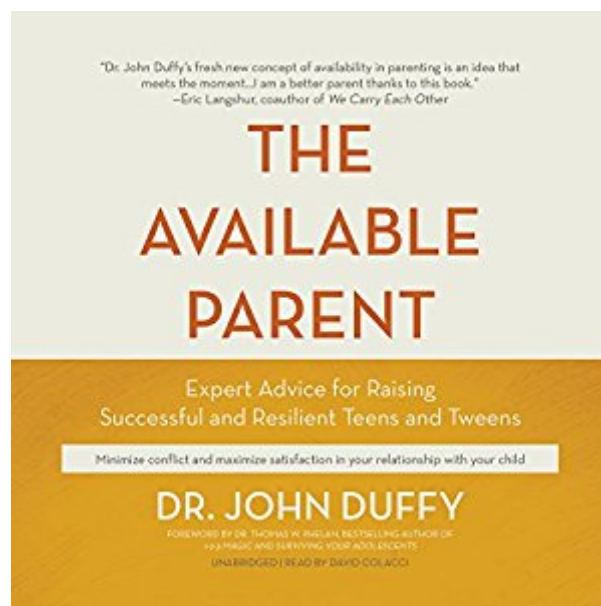


The book was found

The Available Parent: Expert Advice For Raising Successful And Resilient Teens And Tweens



Synopsis

We have a tendency today to over-parent, micromanage, and underappreciate our adolescents. Dr. John Duffy's *The Available Parent* is a revolutionary approach to taking care of teens and tweens. Teenagers are often left feeling unheard and misunderstood, and parents are left feeling bewildered by the changes in their child at adolescence and by their sudden lack of effectiveness as parents. The parent has become unavailable, the teen responds in kind, and a negative, often destructive cycle of communication begins. The available parent of a teenager is open to discussion, offering advice and solutions but not insisting on them. He allows his child to make some mistakes, setting limits, primarily where health and safety are concerned. He never lectures - he is available but not controlling. He is neither cruel nor dismissive, ever. The available parent is fun and funny and can bring levity to the most stressful situation. All of that is to say, there are no conditions to his availability - it is absolute.

Book Information

Audible Audio Edition

Listening Length: 5 hours 48 minutes

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Version: Unabridged

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in Books > Education & Teaching > Schools & Teaching > Parent Participation #399

in Books > Parenting & Relationships > Parenting > Teenagers

Customer Reviews

I loved this book. As a mother of a tween and almost tween, I wanted to be mentally ready and put myself in the right frame of mind to deal with future conflicts/differences constructively. Dr. Duffy has put together a highly readable, positive and even uplifting guide on how to look at the relationship of parent and child and make the most of it. The examples he brings of real-life clients are enlightening, even if the family dynamic is different than mine. I appreciate his reassurances that no matter what, it's not too late to try a new approach and improve your situation. I feel my children are fascinating people already but I don't want my own fears and opinions to prevent them from

becoming who they need to be. I will be referring to my highlighted segments frequently to reset my own self-awareness so I can enjoy the coming years as much as possible.

Very informative and valuable insights. Duffy encourages using intuition, warmth, respect and trust when relating to our teens. This is the type of relationship I had with my parents. I'm blessed to have them as my role models. Highly recommend this book.

What a great book for parents. As a therapist for adolescents and teens, I tell parents how important it is to be present and available to their children throughout their lives. Listen to them, don't pretend like you are listening. Be available for questions. These are keys to building good relationships with your children, which grows into a good relationship when they are teenagers!

Informative and quite useful. Helped me understanding my teenage son and improving our mother-teen relationship.

Great book with easy to read content. Just what I needed to know that I am on the right path to being there for my kids when they need me.

We aren't to the teen years but with the tips in this book...we're prepared for what is to come for our family.

This is an excellent book. Gave it to a family member who has 2 teenagers. Book was very helpful.

Easy read and good information on being more in tune with your kids.

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