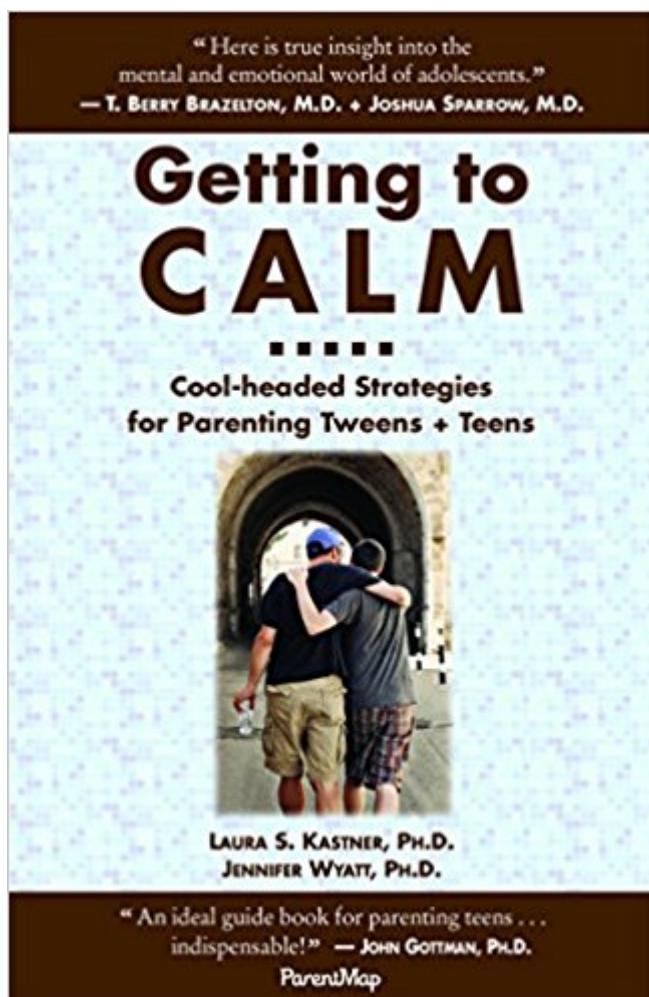


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# Getting To Calm: Cool-Headed Strategies For Parenting Tweens + Teens



## **Synopsis**

Parenting a teenager is tougher than ever, but new brain research offers new insight into the best way to connect with teens. With humor, wisdom and a deep understanding of the teenaged brain, noted teen expert Dr. Laura Kastner shows parents how to stay calm and cool-headed while dealing with hot-button issues everything from rude attitude and lying to sex and substance use -- with clear, easy-to-follow suggestions for setting limits while maintaining a close and loving relationship. Find out why Dr. T. Berry Brazelton calls Getting to Calm required reading for any parent who struggles with their teen!

## **Book Information**

Paperback: 304 pages

Publisher: Parent Map; 1 edition (June 1, 2009)

Language: English

ISBN-10: 0982345402

ISBN-13: 978-0982345405

Product Dimensions: 5.5 x 0.7 x 8.6 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 115 customer reviews

Best Sellers Rank: #40,885 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child #76 in Books > Parenting & Relationships > Reference #117 in Books > Parenting & Relationships > Parenting > Teenagers

## **Customer Reviews**

Parenting a teenager is tougher than ever, but new brain research offers new insight into the best way to connect with teens. With humor, wisdom and a deep understanding of the teenaged brain, noted teen expert Dr. Laura Kastner shows parents how to stay calm and cool-headed while dealing with hot-button issues everything from rude attitude and lying to sex and substance use -- with clear, easy-to-follow suggestions for setting limits while maintaining a close and loving relationship. Find out why Dr. T. Berry Brazelton calls Getting to Calm required reading for any parent who struggles with their teen!

Laura S. Kastner, Ph.D., is a clinical associate professor of psychiatry and behavioral sciences at the University of Washington. A psychologist and mother of two, she writes and lectures widely on

adolescence and family behavior. She and Jennifer Wyatt, Ph.D., are the co-authors of three books, including Getting to Calm: Cool-headed Strategies for Parenting Tweens and Teens; The Launching Years: Strategies for Parenting Senior Year to College Life; and The Seven Year Stretch: How families Work Together to Grow Through Adolescence. Jennifer Wyatt, Ph.D., is a writer and the mother of four. With Laura Kastner, she co-wrote Getting to Calm: Cool-headed Strategies for Parenting Tweens and Teens; The Launching Years: Strategies for Parenting Senior Year to College Life; and The Seven Year Stretch: How Families Work Together to Grow Through Adolescence.Â

Love this book! Wish I had read it sooner. Fantastic as it helps to set realistic expectations for the teen years. When I am frustrated by a behavior (or lack of one), I often think back to this book to see if the expectation was realistic. Also using several suggestions in the book for handling thorny topics like electronics and grades. I definitely recommend this for everyone who is or is about to enter the teen years with their children!

This is by far one of the best and most useful parenting books I have read. The book is very insightful about the dynamics between parents and children and really helps parents understand what is going on in the teenage brain. It has helped me understand why my son is acting the way he is-- part of the normal process of growing up. More importantly, it has given me examples of how to handle the day in and day out exchanges which have become so difficult in our home. One of the best pieces of wisdom was the comment the author made about not talking to your teen while you are under the influence of emotions. I have a long way to go, but I am seeing positive results in my interactions with my son using the strategies in the book. I am recommending this book to my friends with teenagers.

Loved the title but thought it was a bit of a slog to get through. Much of what they were saying has been said elsewhere so if this is your first book in this genre it will seem fresher and more full of great insight than it did to me. I think what they have to say is valid and useful its just if you've been looking for new insights this might not fill the promise

I read this half way and lost interest though the information was information a parent needs to hear and can relate with it seems a slow read to me. I felt mostly info that I already knew. nice to hear again and remind a parent and also that others are going through the same thing.

I thought the book was helpful. I liked the CALM approach, if you can remember that when your really angry with your teenager. Overall I got some really good tips I will remember. Sometimes the book was a little drawn out on one subject and I got a little bored. Every teenager is different and some of the examples will pertain to your teen and some won't. Overall, it can't hurt to read this book and get some tips!

If there are children in your life, buy this book and read it cover to cover. I only wish I'd had it when my son was younger, though the insights are still helpful as he approaches 20. The authors do an incredible job of explaining "your brain on adolescence", giving readers enough science to take the blame away from US, the often confused and frustrated (to put it mildly) parents. Understanding that a lot of what we see as impossible behavior is essentially kids doing the job of growing up, and knowing there are actual strategies for coping, is not only comforting, but incredibly productive. This book lays it all out and gives you a PLAN, with real-life examples which render the strategies practical and accessible. It's intelligent, sympathetic, comprehensive, and easy to grasp, while never condescending. Just read it ... you'll thank me.

Great read for raising kids.

Love this book. My tweens are only 11 & 12...some of the book is not applicable yet, but it surely helped me understand what happened to my sweet little babies!

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