



Teenagers Translated: How to Raise Happy Teens

Janey Downshire, Naella Grew

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The teenage years are acknowledged to be the most testing stage of parenting – when well-mannered and obedient children can transform into rude and rebellious teens. However, parenting a teen doesn't have to be a battle, and counsellors Janey Downshire and Naella Grew have developed a programme to help parents get the best out of the teenage years.

Their approach is positive and straightforward, providing simple strategies for nurturing better behaviour and providing a happy, supportive home environment.

The book will tackle:

- How to help teens feel supported and secure
- Strategies for improving communication
- Dealing with digital technology and media influences
- Ways to encourage self-confidence and independence
- Coping with challenging behaviour, attitudes and pastimes
- Plus: drinking, drugs, smoking, sex, porn, video games, bullying, peer pressure, loneliness and eating disorders

This book provides a positive, enthusiastic and inspiring approach to the teenage years, showing how parents can help their teens develop the skills they will need for a happy adult lives.

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