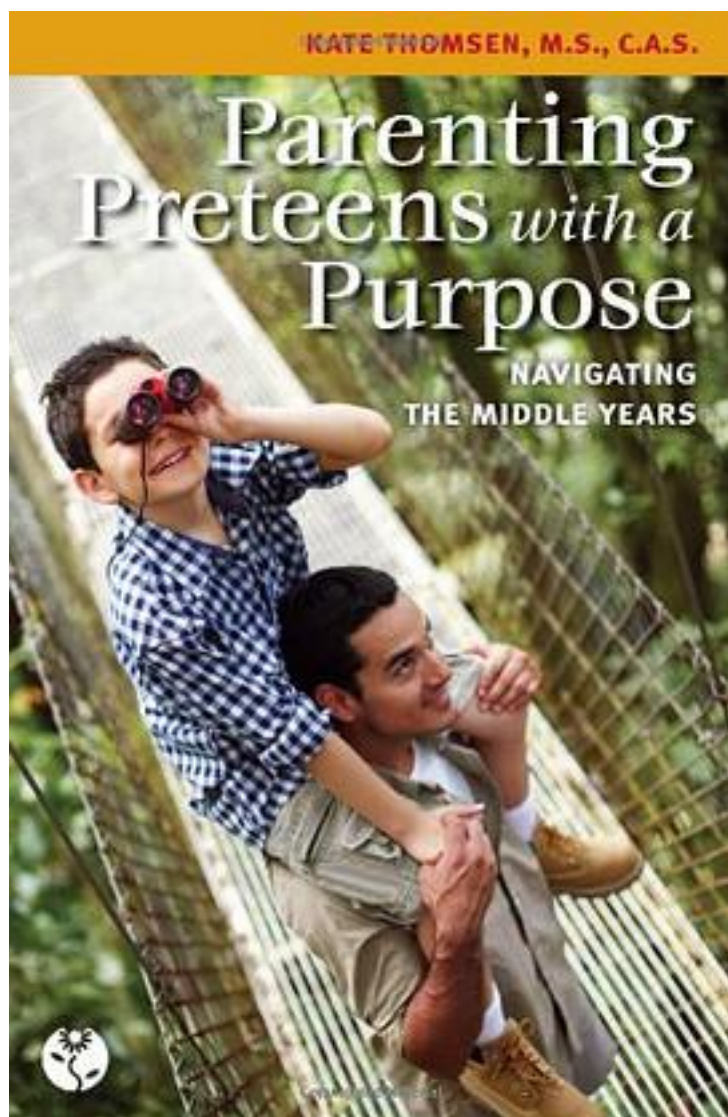


Parenting Preteens with a Purpose



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Based on a large body of research about healthy development in children ages 8-12, this guide offers parents practical how-tos for handling issues that arise in the preteen years, including peer pressure, bullying, friendship, self-discipline, money, body image, and good eating habits. In addition, a self-care section for parents highlights the many stresses adults face--job demands, financial pressures, isolation, perfectionism, and self-doubt--and urges parents to attend to their own needs. Sympathetic and respectful to both children and parents, the guide never suggests that kids this age are troublesome. Real-life parenting stories are included to encourage and inspire, along with parenting tips, self-reflection checklists, and resources for additional support.

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