Raising Your Teenager

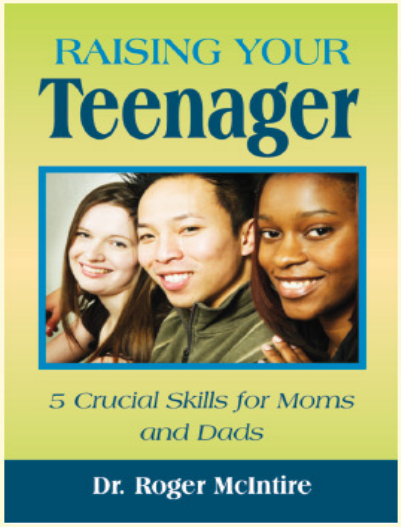
"Raising Your Teenager *is an invaluable guidebook—whether you are a first-time pre-teen parent or a veteran."*
– Wendy Summer, Licensed Professional Counselor, National Certified Counselor

Summit Crossroads Presents:
Dr. Roger McIntire's New Book for Parents

RAISING YOUR Teenager

5 Crucial Skills for Moms and Dads

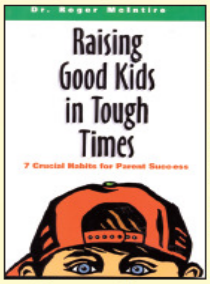
Skill 1: Know How to Talk with Your Teenager.
Skill 2: Know the Family "Games."
Skill 3: Steer Through the Minefield of Bad Habits.
Skill 4: Teach School Strategies.
Skill 5: Coach Teens about Time, Money and Happiness.



ISBN : 978-0-615-35670-9 Price: $17.95

"*[McIntire] addresses typical teen problems…in practical ways that get results...an excellent guide for parents of teens. If I had to recommend one such book, this is it.*"
– W. Joseph Wyatt, Professor of Psychology, Marshall University

"Immensely helpful and easy to read, with lots of cross-cultural relevance."
– Dr. Lucy Y. Steinitz, Regional Technical Advisor for Children and Families (Africa)

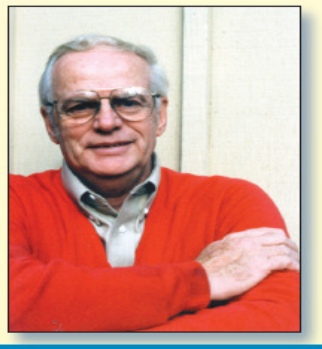


Also by Dr. McIntire:
Raising Good Kids in Tough Times:
Help for parents trying to raise good kids while countering the dangerous examples, attitudes, and temptations children face in today's multimedia world. It covers everything from toilet training and listening skills to sibling rivalry, sex, drugs, social skills, and single-parent strategies.

Selected as **"Approved Winner"** by Parents' Choice and as **"Outstanding"** by Parent Council Ltd.

Dr. McIntire is a leading expert in the field of behavior analysis and parenting strategy.

His award-winning books are published in eight languages worldwide.



Other books by Dr. McIntire

- ***Teenagers & Parents: 10 Steps for a Better Relationship***
- ***Enjoy Successful Parenting: Practical Strategies for Parents of Children 2-12***
- ***College Keys: Getting In, Doing Well, Avoiding the 4 Big Mistakes***

Contact: Eileen Haavik, 410-290-7058, info@parentsuccess.com *April 23, 2010*

New Book Release: Raising Your Teenager: 5 Crucial Skills for Mom and Dad

by Dr. Roger W. McIntire, Coming August 2010

In *Raising Your Teenager*, Dr. Roger W. McIntire takes the best tried-and-true parenting methods and brings them into the 21st century to help today's parents navigate the turbulent teenage years, maintain a pleasant home, and develop a lifelong friendship with their teens.

The book has already been hailed as "…an excellent guide for parents of teens. If I had to recommend one such book, this is it." (W. Joseph Wyatt, Professor of Psychology, Marshall University)

Through five simple and practical skills, Dr. McIntire gives parents the tools they need to build a positive and healthy relationship with their teenager and a pleasant home life. The book begins with an analysis of parent-teen communications: talking styles ("Conversation doesn't make a good competitive sport."); common misunderstandings ("Teens think, what does this conversation say about ME?"); and strategies for improving conversations ("The first teen remark is long on emotion but short on facts.").

Dr. McIntire, father of three, has written eight books available worldwide in eight different languages. He taught child psychology and principles of family therapy and counseling at the University of Maryland for 32 years and is a professor emeritus of psychology. He has been a frequent guest on radio and TV talk shows, as well as at workshops for parents, teachers, and counselors.

Raising Your Teenager also discusses habit building ("Your teen should know what he has to lose.") from the S.A.D. behaviors of drugs, alcohol and sex to online media and video game ("No attention deficit here!"). He also provides insights into effective discipline tactics ("You can't make a garden just pulling weeds.").

The book will be available August 1st through bookstores nationwide, online at Amazon.com, or directly from the publisher at www.ParentSuccess.com. Price is $17.95.

Dr. McIntire's parenting column, *Raising Good Kids in Tough Times*, is available through Summit Crossroads Press. Past columns are archived on parentsuccess.com. For more information on Dr. McIntire, find him on Wikipedia or visit his blog at RogerMcIntire.wordpress.com.

Author Bio

Roger W. McIntire, professor emeritus, University of Maryland, taught child psychology and principles of family counseling and therapy at the University of Maryland for 32 years. He was also Associate Dean for Undergraduate Studies, directing campus-wide programs to help students succeed and annual summer workshops for anxious parents. He has also been a consultant and teacher of teachers in preschools, grade schools, high schools and colleges.

In his years of research, Dr. McIntire's publications, over 100 in all, have concerned infant vocalizations, eating problems, strategies in elementary school teaching, high school motivation, and college retention.

As a father of three and grandfather of two boys, his writing blends practical suggestions with story-telling to the books listed below. They have received excellent reviews and awards. Parents' Choice honored *Raising Good Kids in Tough Times* with the 1999 "**Parenting Shelf-Approved**" rating and Parent Council, Ltd. called it "**Outstanding**." Both *Raising Good Kids in Tough Times* and *Teenagers and Parents* are in press as translations in Germany, Korea, Slovenia, Poland, Thailand, Serbia, and Brazil.

His newspaper column appears regularly in the Martinsburg (WV) *Journal* and other regional newspapers as well as his website, parentsuccess.com. He is a popular speaker at workshops and seminars for parents, teachers and counselors and has been a guest on hundreds of radio and TV shows. He received the 2001 Award for Effective Presentation of Behavior Analysis in the Mass Media by the Association for Behavior Analysis. In addition he has received the **Maryland Excellence in Teaching Award** and **The National Science Foundation's Faculty Fellowship on Societal Problems** (providing a year's salary while teaching in Britain). His books include:

*Teenagers and Parents: 10 Steps for a Better Relationshi*p.
Summit Crossroads Press, Revised Editions 1996, 1998 and 2000.

Raising Good Kids in Tough Times: 7 Crucial Habits for Parent Success.
Summit Crossroads Press, 1999.

College Keys: Getting In, Doing Well, and Avoiding the 4 Big Mistakes.
Summit Crossroads Press, 1998.

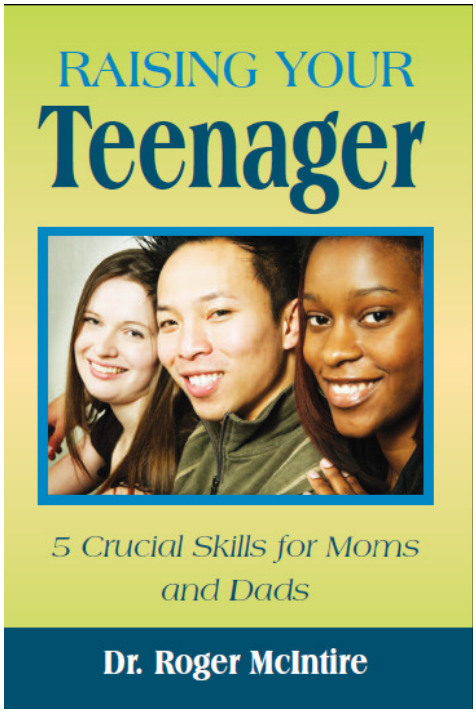
Enjoy Successful Parenting
Summit Crossroads Press, 1995, Revised Edition, 1996.

Losing Control of Your Teenager.
Human Resources Development Press, 1985.

Child Psychology: A Behavioral Approach to Everyday Problems.
A textbook of Behaviordelia, Kalamazoo, Michigan. 1975.

For Love of Children. CRM (Psychology Today) Books, 1970.

Book Reviews



WHAT REVIEWERS ARE SAYING…

"*Raising Your Teenager* is an invaluable guidebook. Whether you are a first-time parent of a preteen or a veteran, McIntire's parenting skills will surely inspire you and help you to raise a well-rounded, capable, confident teen."
-Wendy Summer, Licensed Professional Counselor, National Certified Counselor, Charlottesville, VA.

"[McIntire's] book is a treasure of understanding and solutions to parent problems. From twists in conversation to helpful school strategies to dating, drugs and driving, keep this essential book handy, from their 10th birthday until college.
-Dr. Donald Pumroy, Director of School Psychology (ret.), University of Maryland.

"Immensely helpful and easy to read, with lots of cross-cultural relevance."
- Dr. Lucy Steinitz, Regional Technical Advisor for Children & Families (Namibia, Africa)

"[McIntire] addresses typical teen problems such as: video game obsession, medications, drugs, diets, bad language, dating, sexuality, bullying, time and money management. He deals with them in practical ways that get results. McIntire gives particular attention to the roles of fathers—no book does it better—and it is an excellent guide for parents of teens. If I had to recommend one such book, this is it."
-W. Joseph Wyatt, Professor of Psychology at Marshall University

Book Excerpt

PREFACE

The Five Skills of Parenthood

Most parents hope to raise bright, perfect children with presidential potential and without baggy clothes, black lipstick or metal piercings in unlikely, sometimes embarrassing, places. Yet daily family life can be complicated and parents find themselves facing a myriad of unanticipated problems. Arguments about the kids rank second only to money problems as a cause of marital strife and divorce.

I have answered over 600 emails from troubled parents in the last ten years while editor for the parenting section of behavior.org, the website that represents the *Cambridge Center for Behavioral Studies*. Letters from parent-readers of my column, *Raising Good Kids in Tough Times*, have also provided another treasure of insights, advice and comments since the 1990s.

This book describes five skills in 140 brief discussions that will help parents deal with their teen's adjustment and yet still maintain cooperation and a pleasant family atmosphere.

The letters and emails range from complaints about young teens who go into total snits in the mall to those who skip school and cause their parents many evenings of grief. From parents with a teen a little older, the complaints are about teens with drugs or alcohol problems, or teens with the social skills of a deranged badger. The list goes on.

Most parents have theorized about the origins of these problems. Here are some quotes from my readers and website visitors. From the believers in sibling influence: "Roy followed his big brother around even before he could walk! He has copied him ever since." Others believe in the birth order theory: "She's a third child so you have to expect she will be less aggressive and more artistic." The genetic explanation is also popular: "Knowing her father, it's easy to see where she gets her attitude!" And the critical experience theory is also common: "Ever since he got lost in the mall when he was three, Evan has never been comfortable with strangers."

All of these theories—about siblings, birth order, genetics, and early experiences—provide some understanding, but such past influences cannot be changed. Mom's or Dad's best opportunity to influence their teenager, really their only opportunity, is confined to the here-and-now—the present family interactions.

Dads may hold back on their emotions when trying to keep their teenager on the right path, especially when positive reactions such as compliments and praise are in order. It may be that we Dads set our standards too high or we may think that compliments will indicate weakness. Afraid we will lose our thunder, we leave the positive stuff, too often, to Mom.

It's hard for a teenager to measure up and be good enough if Dad holds back too much. One father told me that by age 15, he had taught himself to play the clarinet so well that he entered a school recital. He won an award. When he told his Dad, his Dad said, "Well, the clarinet is easy for you."

The same discounting attitude surfaced when a working mom told me that when she was in high school and announced her junior-year grades, all A's and one B in math, her father snapped, "Why didn't you ask for help? You know I've always been good in math." This daughter, even though she is now grown up and a mother on her own, still feels she will never be quite good enough in her father's eyes.

Many counselors believe that parents who hold back too much have a lasting negative influence on their children. Dr. Gloria Wright counsels

corporate administrators who often suffer from depression. At a recent workshop she said that the root of the problem was often an unfulfilled need for acceptance from Dad. She noted that every man longs for the day when his father says, "You're the son I hoped you would be." Some of the audience had to leave the room to pull themselves together because, evidently, they had never heard that praise from Dad.

Daughters have had the same feelings I'm sure, and Mom's acceptance is just as important as Dad's. But Dads may hold back on the gushier stuff when it's needed most. Often called upon to be the heavies—*Wait 'till your father gets home!*—Dads may miss their opportunities to give deserved praise and admiration.

Questions and solutions raised in this book come from both parents and their teens who were my clients, regular readers of my column or website visitors. Common questions from the kids have been quoted by parents writing in, "Can we talk?" "Can I quit school?" "What birth control is best?" "I want a sister. You have more eggs don't you?" Parental questions range from, "How can I deal with her tantrums?" to "What about his computer addiction and her interest in alcohol, drugs and sex?"

The struggle to grow up is a confusion of emotions—a desire to break free from parental control is mixed with a desire for parental admiration and support. Of course, teenagers want to be on their own and different from their parents. And conversely, parents want their children to stay close to their example and be more like them. The compromise is in a gradually changing mixture of granting greater independence and decreasing control.