



"For God has not given us a spirit of fear, but of power and of love and of a sound mind."
~ 2 Timothy 1

Parents,

It was SO lovely gathering with many of you at our first Parent Conversations meeting last week! These are casual, warm, low-pressure times to be together with other parents and talk about the highs and lows of navigating these tween and teen years. The fellowship and sharing is so heartening and helpful. I encourage you to try to make one of the meetings if you can! Look for the announcement for October's gathering in the Flyer.

For this week I am not going to write a letter but rather highlight some great resources for you. Books and podcasts are such helpful ways to get information and encouragement in your parenting journey. During one of the hardest seasons of my parenting journey, I kept a small paperback copy of *How to Really Love Your Teenager* by Ross Campbell in my purse and I was so desperate for help that I would pull it out any time I had a moment—in line at the bank, during car line, even once at a stoplight, through tears!

Not all parenting is hard and tearful, to be sure. Some of it is so much fun!! And some of you are enjoying the exciting times of the tweens and teens in your world—they bring great energy! One of the biggest gifts we can give our children is understanding their development and emotions, the whole gamut.

Podcasts:

The Monica Swanson Podcast (formerly known as The Boy Mom Podcast)
Ask Lisa Podcast (Lisa Damour and Reena Ninan)

Books:

Lisa Damour is an excellent resource. Her books are fantastic and her podcast is, as well.
Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood
Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls
The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents (this deals with boys and girls)

Dan Siegel is so smart and wise! He has a wealth of knowledge on the developing brains of children and adolescents.

Brainstorm: The Power and Purpose of the Teenage Brain

Haim Ginott was a groundbreaking psychologist and school teacher during the 60s and 70s. *Between Parent and Teenager* (though majorly dated, this book is a treasure for its ability to help parents get behind the eyes of their teenager and gain empathy and understanding).

Madeline Levine is a Bay Area psychologist who understands the enormous cultural strains on both developing teenagers and their parents.

The Price of Privilege: How Parental Pressure and Material Advantage are creating a Generation of Disconnected and Unhappy Kids

Ready or Not: Preparing our Kids to Thrive in an Uncertain and Rapidly Changing World

Tech Issues:

Andy Crouch

The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place

Jonathan Haidt

The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness. This is a vital book for our times. [Register here](#) for a book study at MVC led by two of our faculty members! See the Flyer for more details.

Please contact me with any of your favorite resources!! I'm always looking for more.

Don't hesitate to reach out with any questions, concerns, or needs you may have.

Warmly,

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