



Raising Competent Teenagers
By Dr Linda Friedland

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Category: Parenting

Raising Competent Teenagers

...in an age of porn, drugs, and tattoos

"This book deserves a prominent spot beside the bed of anyone who has a teenager in their life!"

– Michael Grose, global parenting expert

Tackling the tricky teenage years is challenging for most parents. In the age of sexting, cyber bullying, easy access to pornography & drug experimentation, it's tougher than ever to keep an active dialogue with your teen. So how do you remain a strong and compassionate parent & keep communication open as they face these challenges?

In the forthcoming book, *Raising Competent Teenagers* (Rockpool Publishing, \$27.99) bestselling author Dr Linda Friedland, a Perth-based mother of five, distils the wisdom of prominent parenting educators and draws upon her own knowledge as a medical doctor to provide a practical guide for parents.

Dr Friedland provides practical solutions for over 100 issues such as:

- Dealing with brain and body changes
- Parent teen conflict
- Implementing rules and family values
- How to say no
- Teen narcissism and entitlement
- Helicopter and Tiger parenting

A must-read for parents and minders, *Raising Competent Teenagers* offers a valuable insight into common issues, and provides readers with strategies to foster stronger relationships with teens during these formative years.

Additional Information

- A practical, how-to guide to modern parenting
- Appeals to parents, teachers, psychologists and community workers who have tween and teenage children in their lives
- Credible author – mother of 5, medical practitioner & sought after international speaker
- Author is excellent media talent and text extracts are available

About the Author

DR Linda Friedland is a medical doctor, best-selling author and well-regarded international speaker for global organisations, and has presented in over 25 countries. Dr Friedland lives in Perth, Western Australia and has a vast personal and professional experience on the subject of adolescence as a mother of five children and a medical professional treating and counselling families.

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