

## Where's the Line? a Parent's Guide to Teen Transitions Without Trauma

Lisa Mangoni



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Where's the Line? a Parent's Guide to Teen Transitions Without Trauma Lisa Mangoni About the Book: This book is intended as a guide to parents of teens and preteens who wish to create a strong and lifelong bond with their children that will grow in tandem with the parent-child relationship. Where's the Line: a Parent's Guide to Teen Transitions without Trauma gives parents a unique perspective about what it means to be a teenager today. It includes strategies to strengthen the bond that parents wish to create with their teen during this sometimes tumultuous time, while simultaneously providing their children with safe and fair boundaries. Inside you will find some practical ideas about how to guide your teen through the new and unfamiliar areas they are about to traverse. Presented here are new ways to think about topics like school, electronics, sexuality, and even the teen brain -which is changing while you read this. This book in no way attempts to tell you how you should live your life or parent your teen. It is designed to assist you in identifying and evaluating your own personal parenting strategies based on your own family values. By becoming conscious of what you stand for and what you would like your child to take into the world, you are able to be a parent who is present and thoughtful in what you present to your child as you show them where the line is. Occasionally, some people look back on this time and have misgivings about how they could have made this transition a happier and healthier time for themselves and their child - with fewer lows and more highs. These people wonder if there is something that they could have done to assist their child in a more resourceful manner. There are ideas that can be put into place, and it is not too late. It is possible to begin to gently make this shift gently, and this more proactive strategy can start today. The fact is, you are the resource, and this book will help you get in touch with that resourcefulness. While reading this book you will be presented with a number of ideas and

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