

Parents of Teens!

Join us for a unique peer discussion group:

The Lakewood City School District, Lakewood Parent Teacher Association, Lakewood Public Library along with the Parent To Parent Network (P2PN) will host an eight-week discussion group designed for parents of teenagers. Parents across the country have been meeting and discussing ***Please Stop the Rollercoaster!*** since 2004. Join your parenting peers as we learn more about living with and parenting our teens.

Please Stop the Rollercoaster! is a guide for busy parents of teens who find themselves unsure of their changing role. Grounded in research, this book offers a wealth of practical, succinct information. It guides parents with teens in grades 6 – 11 to examine and discuss the most important issues they are likely to face. The hands-on approach helps parents understand their developing adolescent.

What you need to know:

1. Choose either an evening or daytime group:
 - a. Thursdays, 9:30-11 a.m., Sept. 30-Nov. 18 @ Lakewood Public Library’s Main Library Meeting Room, 15425 Detroit Ave.
 - b. Wednesdays, 7:00-8:30 p.m., Sept. 29 – Nov. 17 @ Lakewood Public Library’s Main Library Meeting Room, 15425 Detroit Ave.
2. To sign up send an email to pattirichardson7@yahoo.com with the following information: name, email, phone and preferred meeting time (day or evening).
3. The eight chapters below make up the discussion topic for each meeting. Participants are expected to read each chapter before the meeting date.

Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride:

Chapter 1: Adolescent Development: <i>Everything is changing, and his search is to discover himself</i>	Chapter 5: Personality Type and Brain Development: <i>What makes her tick?</i>
Chapter 2: Parenting: Our Changing Roles and Relationships: <i>The "battleground" is control - and in the end, they win!</i>	Chapter 6: School, Parental Support, and Self-Esteem: <i>Taking the mystery out of this complex world</i>
Chapter 3: Improving Communication: <i>Adult behavior required!</i>	Chapter 7: The Myth of Perfection: <i>Our expectations color their world</i>
Chapter 4: Friends, Culture, and Risk Behavior: <i>The social scene - that irresistible pull</i>	Chapter 8: Reflections: <i>Putting what we've learned into action</i>

