



## Recommended Reading



### Adolescence

#### **Parenting a Jewish Teenager: A Guide for the Perplexed.**

*Doades, Joanne. Jewish Lights Publishing; 2006.*

Drawing upon the teachings, insights, and wisdom that have sustained the Jewish people throughout the generations, this groundbreaking and invaluable guidebook will help you navigate the tumultuous journey of parenting a Jewish child into adulthood while asking—and answering—important questions.

#### **How To Talk So Kids Will Listen and Listen So Kids Will Talk.**

*Faber, Adele, Mazlish, Elaine. Avon; 1980.*

This classic bestseller has been a favorite of parents and educators because it gets results! Faber and Mazlish offer skills for parenting kids of all ages based on psychological insights. This book is user-friendly and effective and should be on every parent's shelf.

#### **Raising a Thoughtful Teenager.**

*Kamin, Rabbi Ben. Plume; 1997.*

Kamin, a Cleveland rabbi, compassionately discusses many important questions about life and behavior that teens confront as they navigate the difficult path to adulthood. Touching on topics from sex and drugs to interfaith dating, each of the book's 22 chapters begins with a direct question that teens are likely to face at some point: Why do people kill each other? Do I have to worry about AIDS? How will I know when I am successful in life? How old should I be to have sex? Why do I sometimes feel like I want to die?

#### **Staying Connected to Your Teenager.**

*Riera, Michael. Perseus; 2003.*

Riera explores the connection between parent and teenager and gives solid, practical advice on how to improve the quality of the relationship. This book stresses everyday openings and opportunities for connecting and staying connected to teenagers. It's enjoyable and sometimes humorous to read.

#### **Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager.**

*Wolf, Anthony. Farrar, Straus and Giroux; Revised and Updated edition 2002.*

This book is a favorite witty and compassionate guide to teenagers. Instead of making pronouncements about what parents should do, Wolf explains adolescent behavior in a way that leaves parents with a changed view of their options. The revised edition includes a new chapter on the Internet, a significantly modified section on drugs and drinking, and an added piece on gay teenagers.

#### **But I'm Almost 13!**

*Ginsburg, Dr. Kenneth, Jablow, Martha. Contemporary Books; 2005.*

This guide helps give parents skills and step-by-step strategies to help kids cope with peer pressure and stress, discipline by guiding rather than punishing, and strengthen the parent-child connection. Geared for parents of pre-teens.

#### **Breaking the Code.**

*Fox, Lara, Frankel, Hilary. Penguin Books; 2005.*

Written by two clever sixteen-year-old girls, this book gives valuable suggestions for how parents better connect with their teens. The book is full of typical dialogues between parents and teens and ways to improve them. Your teen might enjoy reading this book as well!



### *Recommended Reading, continued*

#### **WHY Do They Act That Way? : A Survival Guide to the Adolescent Brain for You and Your Teen.**

*Walsh, David. Free Press, 2004.*

In this national bestseller, acclaimed, award-winning psychologist Dr. David Walsh explains exactly what happens to the human brain on the path from childhood into adolescence and adulthood. Revealing the latest scientific findings in easy-to-understand terms, Dr. Walsh shows why moodiness, quickness to anger and to take risks, miscommunication, fatigue, territoriality, and other familiar teenage behavior problems are so common -- all are linked to physical changes and growth in the adolescent brain.

### **Creating a Jewish Family and Home**

#### **The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children.**

*Mogel, Wendy. Penguin Books, 2001.*

This book deftly blends Jewish teachings and parenting. Rather than throwing in tidbits of Jewish culture and text, Mogel, a clinical psychologist and educator, strives to take essential values of Judaism and apply them to parenting. Her message is most appropriate for children being raised in middle and upper-middle class, liberal communities. However, the thought-provoking and sometimes very pragmatic suggestions can be applied universally.

#### **The Jewish Parents' Almanac.**

*Danan, Julie Hilton. Jason Aronson; 1997.*

Meant as a handbook for parents to rediscover or discover Judaism for themselves as they teach their children, this book is chock full of creative ideas, resources, and guidance for Jewish observance and celebration. It goes far beyond holidays and Jewish home-making to look at Values, mitzvot, Israel, God, Prayer, Jewish Cultural Literacy for children and adults. There are many resources from all denominations suggested and the important questions of "why be Jewish" are covered in addition to all the "how-to" guidance.

#### **How to Be a Jewish Parent: A Practical Handbook for Family Life.**

*Diamant, Anita; Kushner, Karen (Contributor). Schocken Books; September 2000.*

Like all of Anita Diamant's how-to books, this is an accessible, non-judgemental, affirming book, which is a perfect starting place for many families. It suggests ways to create Jewish space, community, and time with children, from a primarily liberal Jewish orientation. There are topics that modern families address (ex. Special needs, adoptions, etc.) and many helpful resources.

### **Girls**

#### **Odd Girl Out: The Hidden Culture of Aggression in Girls.**

*Simmons, Rachel, Phimister, Ruth Ann. Rachel Simmons, 2002.*

*Odd Girl Out* begins with the premise that girls are socialized to be sweet with a double bind: they must value friendships; but they must *not* express the anger that might destroy them. The author, who visited 30 schools and talked to 300 girls, catalogues chilling and heartbreaking acts of aggression, including the silent treatment, note-passing, glaring, gossiping, ganging up, fashion police, and being nice in private/mean in public.

#### **Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes.**

*Lamb, Sharon, Mikel Brown, Lyn. St. Martin's Press, 2006.*

This book exposes the image of girlhood that is being sold to girls as stereotypical, demeaning, limiting and alarming. This book is a must read and is filled with helpful suggestions for helping girls navigate a world that is being assaulted by the marketing industry.