

Resources For Parents Of Teens

This subject guide contains age-group specific resources available to you in Meriter's Community Health Resource Library. These items are suggestions of where to start when looking for information on a health-related topic. The italicized words under each title refer to that title's location (or call number) in the library. Many more books and videos are available on each topic and can be found in the library's catalog (<http://204.50.92.71/search.asp?mode=search>) or you can browse the collection in person! Please see below for more information about the library.

For Parents

General

- Be a parent, not a pushover: A guide to raising happy, emotionally-healthy teens
Parenting—Teens
- Why do they act that way?: A survival guide to the adolescent brain for you and your teen
Parenting—Teens
- The teen health book: A parent's guide to adolescent health and well being
Parenting—Teens
- The myth of maturity: What teenagers need from parents to become adults
Parenting—Teens
- 7 things your teenager won't tell you: And how to talk about them anyway
Parenting—Teens
- Healthy teens body and soul: A parents' complete guide to adolescent health
Parenting--Teens
- Why boys don't talk and why we care: A mother's guide to connection
Parenting
- Why girls talk and what they're really saying: a parent's survival guide to connecting with your teen
Parenting--Teens

Sleep

- Snooze—or loose!: 10 “no war” ways to improve your teen's sleep habits
Parenting—Teens

Nutrition/Eating Disorders

- Children and teens afraid to eat: Helping youth in today's weight-obsessed world
Eating Disorders
- When girls feel fat: Helping girls through adolescence
Adolescence
- Type 2 Diabetes in teens: secrets for success
Diabetes
- The family nutrition book: everything you need to know about feeding your children from birth to adolescence
Nutrition

Learning/Developmental Disabilities

- Maybe you know my teen: A parent's guide to helping your adolescent with attention deficit hyperactivity disorder
Child Development –ADD

Substance Abuse/Risky Behavior

- What's a parent to do?: Straight talk on drugs and alcohol
Parenting—Education & Development
- Parenting 911: How to safeguard and rescue your 10-15 year old from substance abuse, depression, sexual encounters, violence, failure in school, danger on the internet, and other risky situations

Parenting—Teens

- Don't let your kids kill you: A survival guide for parents and drug addicts and alcoholics
Substance Abuse
- Bring them back alive: Helping teens get out and stay out of trouble
Parenting--Teens

Sexual Health

- The sex lives of teenagers: Revealing the secret world of adolescent boys and girls
Parenting—Teens
- Beyond the big talk: every parent's guide to raising sexually healthy teens from middle school to high school and beyond
Parenting—Teens

Mental Health

- Overcoming teen depression: A guide to parents
Parenting—Teens
- Stressed-out girls: Helping them thrive in the age of pressure
Parenting—Teens
- When nothing matters anymore: A survival guide for depressed teens
Mental Health—Depression

For Teens

General

- Fighting invisible tigers: A stress management guide for teens
Adolescence
- Life lists for teens: tips, steps, hints, and how-tos for growing up, getting along, learning, and having fun
Adolescence

Girls

- Every girl's life guide
Adolescence
- Deal with it: A whole new approach to your body, brain, and life as a girl
Adolescence

Boys

- American Medical Association's boys' guide to becoming a teen
Adolescence
- Boys into men: Raising our African American teenage sons
Adolescence

Brought to you by the Meriter Community Health Resource Library

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Library Hours:
Monday 10:00am – 6:00pm
Tuesday-Thursday 10:00am – 7:00p
Friday 10:00am – 3:00pm
Saturday-Sunday Closed

Access and Borrowing Policy:

The resource library is free and open to all residents of South Central Wisconsin. There is no charge for printing, downloading, or copying of information. Once you have registered, you can check out any consumer health materials from the collection. Materials can be checked out for three weeks and may be renewed, once only, unless a hold has been placed by another patron. You can either renew in person, by phone, or through email at library@meriter.com.