
**About the author:** Diana Sterling is a certified professional effectiveness coach (PEC). She studied under coach and trainer James Flaherty. She has a bachelor of arts degree in drama from San Diego State University. Sterling is founder of “Parent as Coach,” which serves young people, parents, and business professionals by helping them achieve their potential and improve the quality of their lives. She is active in the International Coaching Federation and National Speakers Association and is an affiliate of Businesses for Social Responsibility.

**Summary:** Sterling’s solution to improving relationships between parents and teenagers is for parents to “coach” their teenager through the difficult period of their adolescent years. Parents, she cautions, must allow their role to change in response to the dramatic changes that their child experiences in adolescence. They must evaluate the relationship with the teenager and decide what kind of parents they are going to become. Haskins suggests taking on the role of a coach—in the spirit of the “life coach” movement that has become popular in recent years among those folks apparently in need of someone who can motivate and encourage. Parents who coach must be “consistent, patient, flexible and creative,” and sets standards of appropriate behavior. They must “speak clearly, listen to understand [the] teen’s point of view, stay open to possibilities, reserve…judgments, and focus on outcomes.” Respecting, listening, understanding, appreciating, supporting are essential parenting behaviors that serve to both promote the teen’s developing sense of responsibility to self and others and nourish their independence.

**Reviewer** Tony Rigitano earned a bachelor’s degree in economics, is a former master student in public health, and is a parent.