
**About the Author:** Sonna is a child psychologist and author of five previous books. She is a foster mother, and a teacher of psychology at the University of New Mexico.

**Summary:** The "tween" stage (from ages 8 to 13) has frequently been viewed as an uneventful stage of child development. Parents and professionals are becoming increasingly aware of the pressures and dramatic physical changes that occur during this time of childhood. Today’s tweens face more difficult issues than in previous generations, according to Sonna. The tween years set the stage for development of self esteem, academic achievement, the development of values, and the foundations of strong relationships that will endure through the turbulent adolescent years. Sonna guides parents through the tween age years, and offers practical advice and useful activities to promote healthy development during their crucial years.

Sonna provides ten facts to assist parents in understanding their tween age children. Each fact is explained and a list of practical suggestions accompanies each. The first fact, for example, is that tweens think in concrete terms. There is no “gray” area—tweens are certain in their belief that something is either right or wrong. Also, peer influence, even at this age, is strong. Tweens need love, attention, and guidance. Setting limits and being consistent are important and set the stage for guiding the adolescent in the years ahead. Also, the academic concerns of tweens should not be overlooked, as they continue to need support, oversight, and assistance.

**Reviewer** Leeann Campana has a B.A. in education, is a middle school teacher, a former graduate student, and parent.