
**About the author:** Dr. Marshall is a father of five and a child psychologist with over twenty years of experience. An expert in child, adolescent, and family assessment and therapy, he has appeared on radio and television discussing his views on sexuality, assertiveness, teenagers, and stepfamilies.

**Summary:** Although adolescence can be a difficult period, it is a normal part of growing up, and a relatively smooth transition to adulthood can occur when parents and teens understand what is happening and why. Importantly, parents need to adapt to these often dramatic changes in their child. Parents who successfully adapt to the task of parenting teens help their children prepare to leave home and function as a healthy, well-adjusted young adults.

Marshall offers suggestions to parents about how to better understand and effectively communicate with teenage children. As is typical of many parenting books of this sort, Marshall reminds parents of the benefits of recalling their own teenhood trials and tribulations. He also describes different parenting “styles,” that pertain to the characteristic ways that parents tend to communicate with and discipline their children--authoritarian, management by guilt, and permissive parenting. Marshall recommends a democratic parenting approach where all parties—parents and teens-- have a voice, but parents have the final word. Marshall considers consultation and communication to be the stepping-stones to a relatively peaceful relationship with an adolescent. He suggests that parents ask themselves the following questions:

- “Do you ask for your child’s opinion?”
- “Does communication tend to be primarily in response to conflict or crisis?”
- “Do you actually listen when the invitation to talk has been given?”

The goal of effective parenting should be to prepare the teen to leave the home ready to live an independent life.

**Reviewer** Marsali Classon has a bachelor of fine arts degree in studio art and is a former graduate student in art education at Northern Illinois University.