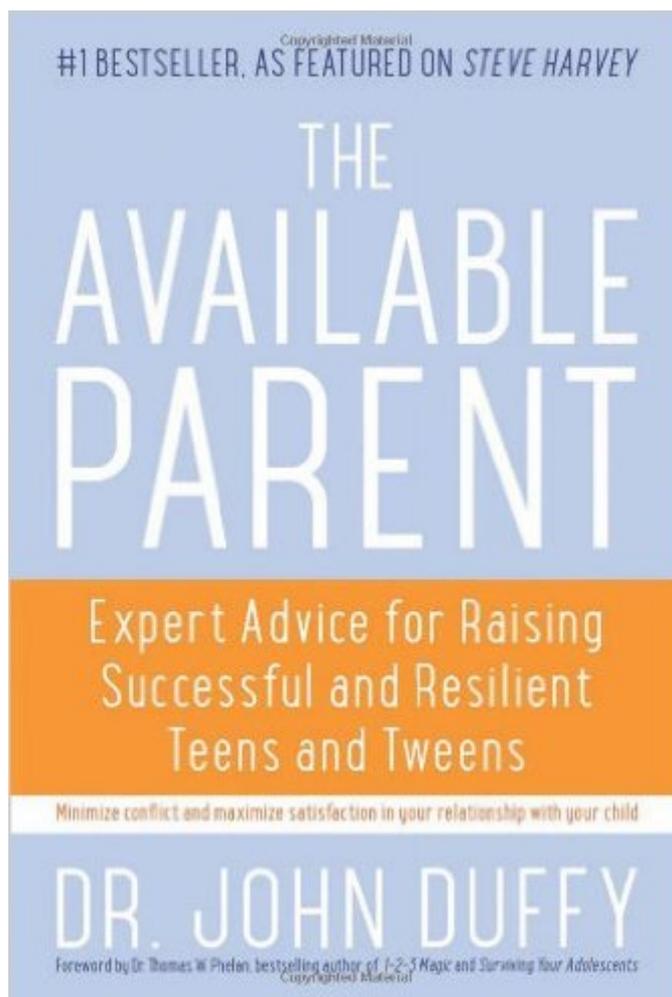


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# The Available Parent: Expert Advice For Raising Successful, Resilient, And Connected Teens And Tweens



## Synopsis

We have a tendency today to over-parent, micro-manage, and under-appreciate our adolescents. Dr. John Duffy's *The Available Parent* is a revolutionary approach to taking care of teens and tweens. Teenagers are often left feeling unheard and misunderstood, and parents are left feeling bewildered by the changes in their child at adolescence and their sudden lack of effectiveness as parents. The parent has become unavailable, the teen responds in kind, and a negative, often destructive cycle of communication begins. The available parent of a teenager is open to discussion, offering advice and solutions, but not insisting on them. He allows his child to make some mistakes, setting limits, primarily where health and safety are concerned. He never lectures; he is available but not controlling. He is neither cruel nor dismissive, ever. The available parent is fun and funny, and can bring levity to the most stressful situation. All of that is to say, there are no conditions to his availability; it is absolute.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #256,112 in Books (See Top 100 in Books) #244 in [Books > Education & Teaching > Schools & Teaching > Parent Participation](#) #509 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

## Customer Reviews

I bought the first book and loved it, so of course I would get its sequel. And, no surprise, it's just as amazing as the original. My personal favorite is the advice on how to be a "cool parent", but the kind with structure. Dr. Duffy explores different areas that all parents go through with their teen. It something that every adult should read.

Very informative and valuable insights. Duffy encourages using intuition, warmth, respect and trust when relating to our teens. This is the type of relationship I had with my parents. I'm blessed to have

them as my role models. Highly recommend this book.

What a great book for parents. As a therapist for adolescents and teens, I tell parents how important it is to be present and available to their children throughout their lives. Listen to them, don't pretend like you are listening. Be available for questions. These are keys to building good relationships with your children, which grows into a good relationship when they are teenagers!

My two kiddos are both teens-and doing well. In our family, we emphasize physical wellness. Both kids are athletic and active. This is important to help them overcome the usual stressors of teen hood plus give them healthy habits to become truly successful in all ways. Health is mental and physical; the two can't be separated. Most of all we are very connected and they trust me as I do them. I'm a grateful parent for sure!

Great book with easy to read content. Just what I needed to know that I am on the right path to being there for my kids when they need me.

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