

Books, Podcasts and Coaching

Resources for Parents of Teens

Part of youth ministry is supporting and equipping parents of teens. Here are eight resources that offer support, laughter, tips, joy, and guidance. Much of parenting is meant to be done in a village, asking friends and relatives for guidance. Modern day parenting also turns to the internet, bookstore, and social media for resources. Though many parents still feel alone and lonely as they parent teens, the resources below offer a variety of topics to accompany tween and teen parents on their journey. They are not perfect, they won't solve every problem, and some may not be helpful to some while others could be wildly beneficial to others. Some of these would be good to engage in as a group at church and others are fine for the church to pass on to parents and walk away. Either way, when parents seem overwhelmed and seeking company in their parenting and decision making, here are eight resources to share.

Podcasts

1. [Life Kit: Parenting](#) – This is a parenting podcast by NPR and Sesame Street. The episodes are research-based and practical. Each episode is 10-25 minutes. While many episodes are for parenting younger children, their teen parenting episodes are incredible too. Here is an example of some of the youth-focused episodes: “How to show up for teens when big emotions arise,” “How to talk to teens about vaping,” “What your teen wishes you knew about sex education,” “5 Tips for transferring colleges,” “How to talk to teens about drugs,” “It’s FAFSA Time! Here’s how to apply for college financial aid,” and “How you can help someone at risk of suicide.”
2. [Quiet: The Power of Introverts with Susan Cain](#) – This series is by author Susan Cain (you could also read her book) and it guides you on how to understand and value introverts. If you have a teen that is an introvert, knowing how they tick and thrive helps parents and relatives see their superpower of quiet. This is a must listen (or read) if you have an introverted teen.

Instagram

3. [@thegamereducator](#) by Mx. Ash Brandin, Ed.S. – Have a gamer in the family? This Instagrammer shares tips for screens and behavior that is inclusive, positive, and helps parents navigate the video game world with their child.
4. [@readingwritingandme](#) – This is a fun one for youth and parents to follow together and explore book reviews. Lanie, the owner of this bookish account, began reviewing books in the eighth grade in the YA genre and has now moved to adult books as a college student. It is lively and cheerful, featuring uplifting and thoughtful posts that will resonate with teens.

Books

5. *Fourteen Talks by Age Fourteen: The Essential Conversations You Need to Have with Your Kids Before They Start High School* by Michelle Icard – This book is for middle school parents and gives scripts and

advice from experts. The topics range from physical and emotional changes to social dilemmas and body changes.

6. *This Is So Awkward: Modern Puberty Explained* by Dr. Cara Natterson and Vanessa Kroll Bennett - This book is about modern-day puberty and sex. Do I need to say more? These professionals remove the cringe and normalize puberty and sex with humor and education. They also have a podcast!

Workshops and Coaching

(Not free, but worth the expense.)

7. [Good Inside with Dr. Becky](#) – Dr. Becky is a parenting expert for those with young children, but her company has recently expanded its workshops for parenting teens. This support from professionals covers topics from social media to curfews to mental health.
8. [Coach and Therapist Kyle Bender](#) – Tired dad and father fatigue? A former PC(USA) youth minister now has a coaching and therapy business that focuses on father fatigue to help burned-out dads get relief from the demands of their lives and focus on important relationships. While this might not seem teen-focused, having a healthy father is.

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