

Empowering Parents: Transition to Adolescence

Curated by JTeen Atlanta

PJ Library Books for Kids

Title	Author
Craftily Ever After: Best Buds Forever	Martha Maker
Be Kind	Naomi Sculman
<i>The Babka Sisters</i>	Leslea Newman
<i>But Perhaps, Just Maybe</i>	Tuvia Dikman

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PJ Our Way Books for Tweens

Title	Author
<i>12 Before 13</i>	Lisa Greenwald
<i>How to Survive Middle School</i>	Donna Gephart
<i>How to Be a Mensch</i>	Catherine Newman

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Books, Websites, and Podcasts for Parents

Resource Type	Title / Description	Author / Host
Book	<i>The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction</i>	Christine Carter
Book	<i>The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults</i>	Frances E. Jensen, MD
Book + Podcast	<i>The 5 Principles of Parenting and Raising Good Humans</i> podcast	Dr. Aliza Pressman
Book + Podcast	<i>Untangled, Under Pressure, The Emotional Lives of Teenagers, Ask Lisa</i> podcast	Dr. Lisa Damour
Website / Blog	Cari Newman Parent Coaching and Blog	Cari Newman
Podcast	<i>Raising Parents</i>	Emily Oster