

Jim Burns, author of
*Understanding Your Teen:
Shaping Their Character, Facing
Their Realities*

Available November 14, 2017

\$16, 224 pages, paperback
978-0-8308-4487-6

Homeword.com

Follow Jim on Twitter:
@DrJimBurns.

Family Expert, Author, Radio Host

Jim Burns is president of HomeWord and executive director of the HomeWord Center for Youth and Family at Azusa Pacific University. Jim speaks to thousands of people around the world each year. He has over 1.5 million resources in print in over twenty-five languages. Jim's radio broadcast is heard on over eight hundred stations a day and is heard around the world via podcast at HomeWord.com.

Some of his books include:

- *Faith Conversations for Families*
- *Closer: 52 Devotions to Draw Couples Together*
- *Confident Parenting*
- *The Purity Code*
- *Creating an Intimate Marriage.*
- *Teaching Your Children Healthy Sexuality*
- *Pass It On*
- *10 Buildings Blocks for a Healthy Family*

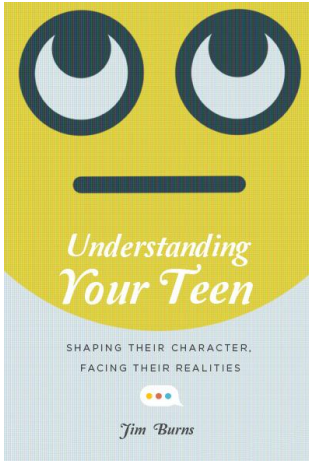
Jim and his wife, Cathy, live in Southern California and have three grown daughters.

About HomeWord

HomeWord seeks to advance the work of God in the world by educating, equipping, and encouraging parents and churches to build God-honoring families from generation to generation.

In response to the overwhelming needs of parents and families, Jim Burns founded HomeWord in 1985. In 2009, HomeWord and Azusa Pacific University came together as partners to form The HomeWord Center for Youth and Family. These two strong organizations, with similar values, have bonded together to become even more effective in helping families succeed.

There is an amazing stirring among families and leaders today toward building strong marriages, confident parents, empowered kids, and healthy leaders. It's not that family life is getting easier. Frankly, it's more complicated than ever before. However, HomeWord is uniquely positioned on the front lines and in the trenches to equip parents and restore families.



*Understanding Your Teen:
Shaping Their Character, Facing
Their Realities*

Available November 14, 2017

\$16, 224 pages, paperback

978-0-8308-4487-6

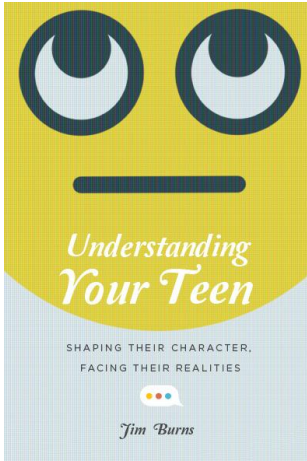
Family Expert Jim Burns Releases Guide for Parenting Your Teens

Parenting teenagers is one of the most challenging seasons parents face. New realities make becoming independent more difficult. Teens are now traveling a different road and are moving at a different pace than previous generations. Today's cultural environment is more complicated and confusing than ever.

Fear not! Family expert Jim Burns has brought his years of experience to this handy guide for parenting teens. To raise teens to become responsible adults, parents need to help their teens grow through developmental changes to develop a healthy self-identity, establish good relationships, make wise decisions, and grow in their relationship with God. Burns shows how parents can shape behavior and character, navigate social media challenges, and have healthy communication and conflict resolution. He also tackles the realities of our day, including the following:

- Cyberbullying
- Dating violence
- Self-injury
- Depression
- Sexuality
- Suicide
- Drug and alcohol abuse
- Dealing with tragedy

"One thing I know about parenting teens is that you will be a much more effective parent if you stay calm, develop and follow a plan, and get as emotionally healthy as you possibly can," Burns wrote. "If you like roller coaster rides, then get ready for the ride of your life."



*Understanding Your Teen:
Shaping Their Character, Facing
Their Realities*
Available November 14, 2017
\$16, 224 pages, paperback
978-0-8308-4487-6

#MyParentsWereNeverTeenagers

Yes, we were all teenagers once upon a time. And now your child is either approaching the teen years, or is already there. All of us have been thirteen, fifteen, and eighteen. But because so much has changed in our society and culture over the years, none of us experienced adolescence the same way our kids will, and certainly *none* of us know what it is like to be a teenager today. So, even though we were all teenagers once, in a very real way we were *never* the age of today's teens. They experience so much at an earlier age than we did.

In practice, it's helpful to remember what it was like to be a teenager because those memories serve to engender empathy and compassion for your teen. But your memories of how life used to be as a teenager must never create the foundation for how you parent your kids today. If, for example, you tell your daughter you think she should hang out at McDonald's more with her friends (after all, it's what *you* did when you were a teen), she'll likely give you the evil eye, pull out her smartphone, find a Google image of an old lady in a rocking chair, and post a meme on Instagram that reads, "I swear my mom was never a teenager."

If you are a member of Gen X, you were part of the latchkey kid generation. Perhaps you were one of the many children and teens who were left alone to fend for yourself much of the time. Your parents may have been nearby and accessible in theory, but we now know that many Gen X teens felt abandoned by their moms and dads. They often perceived that their parents were too busy, too distracted, too focused on their own lives and careers, and as a result, they felt disconnected from them. Now, as a Gen X parent of a teenager, you may have swung the pendulum the other way. Sure, you're busy too. But you've likely made it a priority to spend more time with your kids and to pay more attention to them than your parents did. You are likely to be much closer and more connected to them. These are awesome gifts that you are giving to your kids, and I applaud you for making these choices.

It's important to be aware that how you parent your children will have downstream effects. Some "helicopter parents" attempt to avoid the mistakes of a previous generation. They are well-intentioned and invested in their kids' lives. But many of their children are not growing up to be responsible. Those that are over-parented find it difficult to transition to responsible adulthood. *Parents of this generation of teens need to land the helicopter so their kids will not be overly enabled.* The challenge is to successfully parent your teen without "over-parenting" them.

While your teenager may be unaware of the social and cultural forces influencing them that have been at work for decades, the stranger in your house has been greatly shaped by them. And these forces are ever evolving. So I commend you for your desire to better understand your teenager. Your teen will need to find her way to adulthood in the twenty-first century

INTERVARSITY PRESS

Visit ivpress.com/media



FOR MORE INFORMATION AND TO SCHEDULE AN INTERVIEW CONTACT THE INTERVARSITY PRESS PUBLICITY TEAM:

Alisse Wissman, print publicity, at 800.843.4587 ext. 4059 or awissman@ivpress.com

Krista Clayton, broadcast and online publicity, at 800.843.4587 ext. 4013 or kclayton@ivpress.com

ivpress.com/books



BOOK EXCERPT

“One thing I know about parenting teens is that you will be a much more effective parent if you stay calm, develop and follow a plan, and get as emotionally healthy as you possibly can. If you like roller coaster rides, then get ready for the ride of your life.”

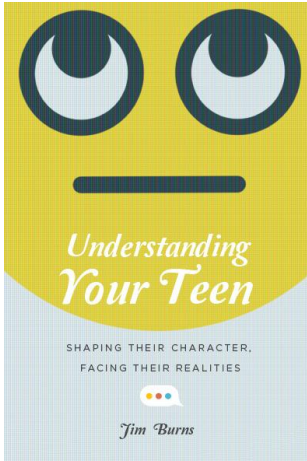
as a person shaped (to some extent) by twenty-first-century culture. The good news is that the powerful forces of the culture don't have to be the last word in shaping your child's life. Authorities tell us that the most influential force in a child's life is you, their parent.

Now that we've begun to help you better understand the stranger in your house, let's continue by figuring out what is making her, so . . . uhmmm . . . *strange*.

If you are like my wife and I were when our kids were teens, you are trying to understand your teenager and are asking questions like: “What happened to my compliant little boy?” “Where did he get that attitude?” “Where is that stink in his bedroom coming from?” “And what exactly is that stink?” (Trust me on this one: you may *need* to know, but you don't always *want* to know.) I understand. I've asked those questions and a lot of others about deeper and more complicated issues. You will find through these pages that you are not alone. Weaning your child from childhood to adulthood is just not a simple task. Frankly, it's not easy for either the parent or the child.

I hope that this book will answer many of your questions. It's designed to tackle the key issues of the teen years. As we begin the journey of how to successfully parent teenagers, there is some important ground to cover first so that you can ultimately become the parent you long to be and the parent your teenager needs you to be. So buckle up your seat belt. You are in for a ride. The good news is that your precious child who morphed into the “stranger in the house” will one day soon become a responsible adult and may even give you the grandkids you desire.

– Adapted from chapter one, “Understanding Your Teenager”



*Understanding Your Teen:
Shaping Their Character, Facing
Their Realities*

Available November 14, 2017

\$16, 224 pages, paperback

978-0-8308-4487-6

“Every child needs parents who can be irrationally positive toward them. But they also need us to express expectations, set high standards, and hold them accountable.”

Arguing with Your Teen

I fear that too many parents have indulged and enabled their children to such an extent that they have helped create irresponsible and even narcissistic ones. When we have weak, inconsistent discipline and poor boundaries, kids just aren't willing to grow up. I don't mean that kids shouldn't be nurtured and affirmed. Every child needs parents who can be irrationally positive toward them. But they also need us to express expectations, set high standards, and hold them accountable. In other words, our kids need us to lead.

What does leadership mean? I have spoken to and studied leaders in all fields of life. One thing they have in common is a consistent message. They model what they expect and they keep on task. With an excellent leader there is seldom a doubt about who is in charge. Parents are the leaders in their home. But the question in many homes of rebellious teenagers is “Who is really in charge?” This question must be settled, and the only healthy answer is that the parents must take the lead. Inconsistency or poor modeling will place your kids in the leadership position – that isn't healthy for anyone. So parents must eliminate any power struggle from the relationship and resolve authority issues. I tell people at our seminars, “Don't argue and don't fight with your kids.” It is much more difficult to mentor and lead if you and your children are always fighting and arguing all the time.

Cathy and I have a daughter who could win most of the arguments in our home. She is dynamic, articulate, and can argue either side of an issue. When she was a teenager she liked to argue for the sake of arguing, and she stretched the boundaries whenever possible. There were times she was just exhausting. Then one day, a therapist friend gave us two words of advice: “Quit arguing.” If you think about it, people seldom argue with their leaders. We had to hold our ground.

Holding your ground can be wearisome, but it is always worth it (although you probably already know this from your own life experience). To help communicate with our kids about discipline-related issues, Cathy and I came up with “Confident Parenting Talking Points.” I wrote about them in greater detail in my book, *Confident Parenting*.

Learning to resist arguing with a teen who is pushing your buttons isn't easy, but there are three phrases I've found to be extremely helpful to diffuse potential arguments with teens:

“I feel your pain.” If your teen knows your expectations and they break them, or if they suffer consequences from poor decisions, let them know you care and that you feel their pain. You have empowered your teenager to make healthy decisions, but when she doesn't do that, you can show her empathy while holding her accountable. In a HomeWord parent podcast, John Rosemond shared what he told his own kids: “If I was your age, I'd feel the same way. The answer is still no, but you are doing a great job expressing yourself.”

INTERVARSITY PRESS

Visit ivpress.com/media



FOR MORE INFORMATION AND TO SCHEDULE AN INTERVIEW CONTACT THE INTERVARSITY PRESS PUBLICITY TEAM:

Alisse Wissman, print publicity, at 800.843.4587 ext. 4059 or awissman@ivpress.com

Krista Clayton, broadcast and online publicity, at 800.843.4587 ext. 4013 or kclayton@ivpress.com

ivpress.com/books



BOOK EXCERPT

"The sooner your teen understands that life isn't fair, and that whining and complaining won't get him what he wants, he will quit trying to play the 'make-it-fair' game."

"Nevertheless." This might be the most important word in the English language to show who really is the leader in your home. Yes, we do feel their pain and we are listening; *nevertheless*, the consequences are going to stay. Adapting John's words to his kids, a parent might say, "I can understand how you feel, and I might have felt the same way when I was your age. *Nevertheless . . .*"

"Life isn't fair." The sooner your teen understands that life isn't fair, and that whining and complaining won't get him what he wants, he will quit trying to play the "make-it-fair" game. Whenever you can, let reality be the teacher for your kids. If whining and manipulating works for a teen even some of the time, it is the parent who has to live with the consequences. Here are more wise words from John Rosemond, "Parents should not agonize over what a child fails to do or does if the child is perfectly capable of agonizing over it himself." Whatever your teen's age, it's about time he learns the truth that life isn't always fair, but it sure can be good.

– Adapted from chapter three, "Shaping Behavior Without Crushing Character"