

## ***Books for Parents of Youth—in the MUMC Library, Room 110***

### ***Better Dads, Stronger Sons*** by Rick Johnson

Rick Johnson's book, *Better Dads, Stronger Sons* discusses the influence fathers have on their sons' development. It gives insight on how fathers can talk to their sons about dating, sexual purity, respect, and self discipline, and why talking and male bonding are important in the father/son relationship. This book is designed to aid fathers to be the dad God intended them to become.

### ***Confident Parenting*** by Jim Burns

*Confident Parenting* offers parents an alternative to the trial-and-error method of parenting many utilize in their families. This book outlines different strategies and methods for handling many aspects of parenting, from breaking cycles of dysfunction to blessing children with a legacy of faith. It includes follow up exercises and questions to reinforce parenting skills and to provide a foundation for developing a family plan.

### ***The Family You've Always Wanted*** by Gary Chapman

Gary Chapman uncovers five key characteristics that can create a healthy family environment, which include a heart for service, spouses who relate intimately, parents who guide their children, children who obey and honor their parents, and husbands who love and lead. This book includes examples and helpful tips designed to strengthen the family system.

### ***The Father Connection*** by Josh McDowell

In *The Father Connection*, Josh McDowell shares ten qualities he eventually discovered from the ultimate model of fatherhood that can produce desired results. Through Biblical insight and clear illustrations, fathers will learn a revolutionary way of fathering that will instill rock solid values in children and enable them to make right moral decisions.

### ***The Heart of the Five Love Languages*** by Gary Chapman

Dr. Gary Chapman reveals how different people express love in different ways. Here is the key to understanding each other's unique needs. Apply the right principles, learn the right language, and soon you'll know the profound satisfaction and joy of being able to express your love – and feeling truly loved in return.

### ***The Five Love Languages of Teenagers*** by Gary Chapman

Gary Chapman outlines in this book that teens are most influenced by love and that love is the most functional building block of parent-teen relationships. Parents need to express love to their children in a way that makes sense to their teenager, and *The Five Love Languages of Teenagers* allows parents to discover what love language their teen speaks in order to enhance the parent-teen relationship.

### ***Growing Stronger Daughters: Encouraging Girls to Become All They're Meant to Be*** by Lisa Graham McMinn

*Growing Stronger Daughters* is filled with strategies and personal insights to guide parents in growing a strong, capable daughter. Lisa Graham McMinn discusses topics such as how you can teach your daughter to be confident as well as interdependent; to feel confident in her ability to think and speak for herself; to have a healthy perspective toward her body and sexuality; and to develop strong relationships with boys, both parents, and a future mate.

***I Want to Talk With My Teen About Movies, Music & More*** by Dr. Walt Mueller

Dr. Mueller's book gives insight to parents about the culture in which teens are immersed. It also provides strategies to enable teens to use today's media and electronics in healthy ways. *I Want to Talk With My Teen About Movies, Music & More* offers clear, concise information about the impact of media and technology choices and what they mean to teens' faith filled lives, as well as how to talk about the issues surrounding the impact of media on faith.

***Odd Girl Out: The Hidden Culture of Aggression in Girls*** by Rachel Simmons

This book uncovers the hidden culture of girls' aggression in schools that is as widespread as it is painful. Here, Rachel Simmons exposes the truth about what's going on, and she helps everyone from parents and teachers to coaches and counselors understand how to cope. With real life stories and important discoveries, this groundbreaking book illuminates the most pressing social issues facing girls today.

***Parenting with Purpose and Grace: Wisdom for Responding to Your Child's Deepest Needs*** by Alice Fryling

Alice Fryling invites you to discover what the Bible says about how to reflect the love, wisdom, and grace of God in your parenting. Scripture gives us stories and truths about parenting and describes our relationship with God in a way that goes beyond "answers." With wisdom and authenticity, this guide discusses how God parents us, how to pray for our kids, how to handle our own fears and failures, and how to entrust our children to God.

***Preparing Your Daughter for Every Woman's Battle: Creative Conversations about Sexual and Emotional Integrity*** by Shannon Ethridge

By introducing key principles and truths during pre teen and early adolescent years, you can lay a foundation that will help your daughter withstand the inevitable pressures young women face. Recognizing how awkward it can be to confront the topic of sex, Shannon Ethridge guides you and your daughter through enjoyable yet memorable discussions about sexuality, purity, and dating, leading to a deeper understanding of and appreciation for God's standards.

***The Primal Teen: What the New Discoveries About the Teenage Brain Tell Us About Our Kids*** by Barbara Strauch

Scientists are beginning to look beyond hormones to explain teenage behavior, and they are finding clues in an unexpected place: the brain. It was previously believed that much of the important brain development was finished by age three, however this book discusses the new findings of the cognitive development of teens and its affect on teen behavior.

***The Seven Checkpoints for Youth Leaders: Seven Principles Every Teenager Needs to Know*** by Andy Stanley and Stuart Hall

*The Seven Checkpoints for Youth Leaders* goes far beyond the ‘how to’ of youth ministry and provides youth ministers, youth workers, and parents with the content that students need to equip them for “life beyond youth group.” It reveals what Stanley calls “the irreducible minimum” or the essential principles upon which an entire youth ministry can be built.

***Teaching Your Children Healthy Sexuality*** by Jim Burns

Jim Burns gives expert advice in his book on how and when to talk with your children about sexuality, and he provides answers to the most difficult questions your kids and teens might ask. Talking with your kids at a young age will help them make more godly decisions along the way, but they’ll need conversations with you at every age. This book helps you create opportunities to establish in them a lasting sexual integrity that will extend throughout their lives.