



27 PAGES TO BOOKMARK IN: GROWN & FLOWN

How to Support Your Teen,
Stay Close as a Family, and
Raise Independent Adults

ONE: Family Life

P. 22

What to do When Your Teen is Barely Speaking to You

P. 26

Signs You May be Over-Parenting Your Teen

TWO: Happiness, Anxiety, and Mental Health

P. 40

Constructive Ways to Help Your Teen Manage Stress

P. 51

What to Know About the Teen Brain (Dr. Frances Jensen, neurologist and author of *The Teenage Brain*)

P. 74

How to Help Find a Mental Health Professional for Your Teen (Dr. Lisa Damour, psychologist and author of *New York Times* bestselling books, *Untangled* and *Under Pressure*)

THREE: Health

P. 85

What to Put in a College First Aid Kit

P. 92

How to Talk to Your Daughter Before Her First Visit to the Gynecologist

P. 95

What Happens When Your College Student Lands the ER (Without You)

FOUR: Love and Sex

P. 121

What Best to Say to a Heart-Broken Teen

P. 125

The Most Important Things About Sex to Discuss With Your Daughter (or Son)

P. 141

How to Discuss Rape on Campus

FIVE: Academics

- P. 150** Strategies to Successfully Begin High School
- P. 153** Ways to Start College on the Right Foot (Dr. Michelle Miller-Adams, Grand Valley State University)
- P. 163** How to Help Your High Schooler with Junior Year
- P. 169** What High School Teachers Want Parents to Know

SIX: College Admissions

- P. 194** How Parents Can Preserve Their Sanity During the College Admissions Process
- P. 198** How Students Spend Their Time at College Matters More Than Where They Attend (Frank Bruni, *New York Times* Columnist and author of *Where You Go is Not Who You'll Be*)
- P. 203** Understanding What "College Fit" is and Why it Matters (Dr. Adam Weinberg, President, Denison University)
- P. 211** How to Know If Your Teen is Ready for College

SEVEN: Separating and Letting Go

- P. 231** The Big Talks to Have Before Your Teen Goes to College
- P. 241** Hard Truths About Getting Teens Ready for College

EIGHT: College Move-in

- P. 263** Essential Things to Know About College Move-In Day (Professor Marshall Duke, Emory University)
- P. 270** What to Ask Before You Go Dorm Shopping
- P. 281** Six Things to Plan Before College Move-In Day

NINE: College Life

- P. 296** The Myths of College Life (Dr. Sharon Jacques, clinical psychologist)
- P. 304** Why Community College is a Positive Choice for Teens
- P. 321** Strategic Ways Teens Can Graduate from College in Four Years (Dr. Randy Diehl, University of Texas)