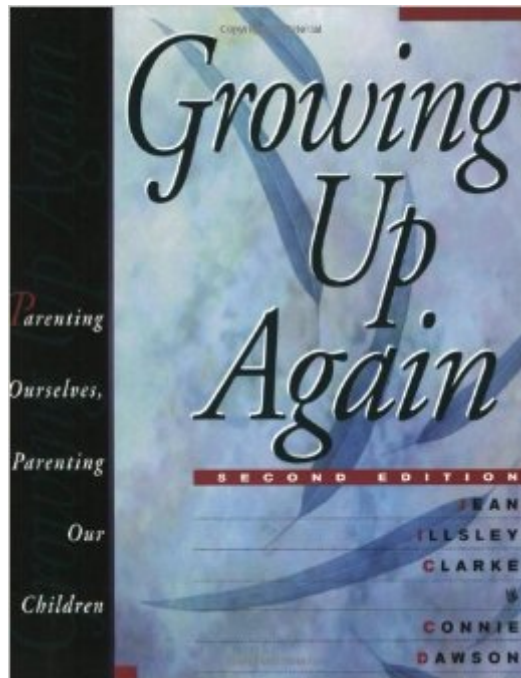


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# Growing Up Again: Parenting Ourselves, Parenting Our Children



## Synopsis

As time-tested as it is timely, the expert advice in *Growing Up Again* Second Edition has helped thousands of readers improve on their parenting practices. Now, substantially revised and expanded, *Growing Up Again* offers further guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. Jean Illsley Clarke and Connie Dawson provide the information every adult caring for children should know -- about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of parenting adopted children and the problem of overindulgence; a recognition and exploration of prenatal life and our final days as unique life stages; new examples of nurturing, structuring, and discounting, as well as concise ways to identify them; help for handling parenting conflicts in blended families, and guidelines on supporting children's spiritual growth.

**About the Authors:** Jean Illsley Clarke is a parent educator, teacher trainer, the author of *Self-Esteem: A Family Affair*, and co-author of the *Help! for Parents* series. She is a popular international lecturer and workshop presenter on the topics of self-esteem, parenting, family dynamics, and adult children of alcoholics. Clarke resides in Plymouth, Minnesota. Connie Dawson is a consultant and lecturer who works with adults who work with kids. A former teacher, she trains youth workers to identify and help young people who are at risk. Dawson lives in Evergreen, Colorado.

## Book Information

Paperback: 336 pages

Publisher: Hazelden; Second Edition edition (May 5, 1998)

Language: English

ISBN-10: 1568381905

ISBN-13: 978-1568381909

Product Dimensions: 7.4 x 0.9 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (59 customer reviews)

Best Sellers Rank: #59,913 in Books (See Top 100 in Books) [#21 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics](#) [#40 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Home Repair](#) [#114 in Books > Self-Help > Emotions](#)

## Customer Reviews

The chapter on "Ages and Stages" gives clear easy to read guides on what we humans learn when and how, and then how to learn "it" now if we did not learn it then. For instance, if you are "Scared to say no and allow others to dominate." then perhaps between 18 months and 3 years you did not learn how to express and handle feelings. One activity that might be helpful for an adult today, is learning how to use a "Fuss Box" (complete instructions are included) to express those feelings. Then instead of the feelings, such as anger controlling you, you can express and release those feelings and then move on to problem solving. I found it to be the best book of its kind

Of all the parenting books I have ever read, and as a Parent Educator I've read many, this is the book I go back to again and again. The charts and illustrations are so clear and concise, even parents with limited time and/or education can quickly assess the need of the child and choose a solution most effective for each situation. I recommend it as a must-have!

I grew up in a dysfunctional family, like most of us in this world. As a result, people are not given the necessary information needed in order to live as God intended as a whole, spiritual person. This book will help you begin to understand the gaping holes and emptiness you feel as a person. It examines parenting from both the child and the parent viewpoints, which makes it extremely easy to grasp all the concepts presented. If you are seeking answers, this book has them. Be prepared to face defiance from your family and other "unsafe" people in your lives as you challenge the myths of your childhood. I wish you much strength on your journey toward the truth. This book is so powerful and insightful in a straightforward approach that can be easily understood, that I feel it should be incorporated in a human growth and development class and required in our society. Our lives would be happier and our world would be a better place as a result. I strongly recommend it to everyone.

Reading Growing Up Again has given me tremendous insights into the kind of parenting I was given and how that is affecting my parenting and grandparenting. I find that I go back to the book often and re-read portions of it. As an adoptee, I especially appreciated the chapter devoted entirely to adoption. Thank you, Connie and Jean!

My toddler and I are seeing a fantastic family therapist while we transition through a divorce. She recommended this book. I was hooked as soon as she opened it to a "ages and stages" page (I could be misquoting that title, don't have the book with me). It sets out groups of developmental needs by age. Along with each developmental need is at least one example of how to helpfully meet

that need, and at least one example of parent behaviors that are unhelpful or harmful responses to that need. (For example, a 16-month-old has the need to explore. Discipline is not yet considered a helpful response; instead, keeping the environment safe and redirecting are the things to do at this stage when responding to that need.) The book gives examples of unconditional love and conditional love, so parents can recognize when they're doing the latter and correct it. It continues examples of age-based needs through adulthood. I like the idea of responding specifically to developmental needs. The book is well-researched and well-regarded, and is easy to absorb.

I picked up this book before having our first child thinking I would get some insights into how to raise our daughter. What I found was that the book was really for me. Through it, I learned about how I have some of the same needs as children--needs like recognition, feeling valued, loved for who I am, unconditionally. What's more, it helped me understand better what my needs really are and how to get them met by myself and from others who love me. Most importantly I learned that in order to parent my daughter the way I want her to grow up, I needed to parent myself and make sure my actions are congruent with what I want for her. I strongly recommend this book for anyone who wants to create a solid, loving, nurturing environment for themselves and their children.

I am a Child and Family therapist. I am also a parent who needed help learning new ways to grow as a parent. This book is the single, most influential parenting book I have ever read. I read it as a parent in its first edition. Now I'm grateful for a second edition to pass on as a recommendation to my clients.

I have used this book for parenting groups, for high school students studying human development, and for individual parents trying to understand how their parenting styles affect children's behaviors. Two illuminating charts illustrate 6 parenting styles for care & nurture, and for providing structure. One of my favorite features is an "Ages & Stages" section in the appendix. Each stage roughly correlates to Erik Erickson's stage theory and outlines the developmental tasks for that stage, a list of helpful as well as harmful parenting behaviors, signs that the stage may not have been successfully completed and ideas for "re-parenting" yourself to revisit that stage. People cannot help but come away from this book with new insights into their own behaviors -- in parenting their own children or reflecting on how they were parented. The writing is engaging, not pompous or stiff. I'm a family therapist, and this is one of my favorite books -- one that I frequently recommend to parents.

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