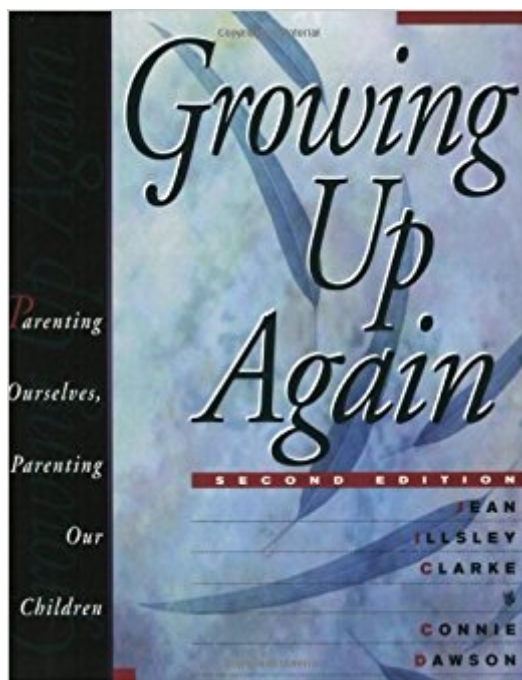


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# Growing Up Again: Parenting Ourselves, Parenting Our Children



## Synopsis

Growing Up Again offers guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. 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

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## Customer Reviews

Jean Illsley Clarke recently authored two books, *Connections: The Threads That Strengthen Families* and *Time-In: When Time-Out Doesn't Work*, which received a Parent's Choice Award. She is a parent educator and a trainer of parent educators. She holds a Master of Arts degree in Human Development and was awarded an honorary Doctor of Human Services by Sierra University. She is a teaching and supervising member of the International Transactional Analysis Association and a Nationally Certified Family Life Educator. Last year she was named Distinguished Alumna of the Year by the College of Human Ecology at the University of Minnesota.

A Bible of parenting children, this book allows us to observe the ways in which we ourselves need new parenting messages. It offers the best guidelines I have found for balancing our expectations of others with our need for self-development. By paying attention to our feelings and reactions at the behavior of our children we are able to determine what we either missed, or received inappropriately; and in this way we have the opportunity to grow up again. Specific exercises and messages are introduced here for both children and their parents. Thank you most sincerely Jean Illsley Clarke!

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 books 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.

If you have ever needed a Dr. Spock for the older child, look no longer. The insights into the child's real messages is eye opening. Used by therapists to guide clients to help them see just what one didn't hear as a child, I find it even more helpful to guide parents as they go along. The author places

types of handling reactions such as one's that invite more asking for the same thing over and over. For instance you may seem wishy washy with "We will see." when what you really think is "I'll put off answering and he/she will forget they asked for something."

I've bought at least eight copies of this book over the last fifteen years. I first came across it when studying counselling it was a favorite of our teachers. Now, I give them as a 'birth gift' to new parents, I also recommend this book to clients who have concerns about their children and, what 'comes up' for them. As the saying goes 'children don't come with an operators manual' ... it's so true. We're like computers ... programmed with data from our caregivers that we then access to relate to ourselves and, parent our children. That data doesn't change until we recognize it and decide to change it ..... reprogram. This book is user friendly, it's easy and fun to read, yet is full of some of the most important and relevant theoretical material around. The authors have also gone to great effort to make their book practical and dedicate it to parents who despite doing the best they can, find themselves struggling in the unknown territory of being a parent.

As an Addiction Specialist, I have found this tome of developmental tasks essential for recovering persons. The Ages and stages is a "meat and potatoes" recipe for understanding (a) what is wrong, (b) how it should be; and (c) how to correct the maladaptive and dysfunctional information one was exposed to as a child. Developing a strong core self is essential to becoming a whole, emotionally healthy, human being ... this is the book that takes you there. Once a core self becomes a inner solid foundation, it makes it far easier for patients to remain abstinent from their addictions. Have been recommending it to my patients for the past 30 years and watched great transformations take place as we walk through the ages/stages together.

This book is timeless. I read it in a college parenting class many years ago and just bought it again as a gift to someone. I hope a new edition is in the works.

Appropriate for every life stage, this book was recommended to me. I recommended it to some families and they ended up getting a copy for themselves to keep. I give it as a gift to new parents. It is easy to apply, and useful even if you don't have children. We are all products of uneven parenting. This book helps even out some of the edges.

I am recently a new parent and am struggling with my current relationship with my parents. My

therapist recommended this book and I have to say it's amazing. It's very easy to read and can be read in short bursts if needed (handy when having a baby to attend to!). It's given me language for my own childhood experience and a framework for what I want to accomplish as a parent myself. The concepts make a lot of sense to me. I also find the examples to be helpful. I would highly recommend this book to others.

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