

# Understanding Her World

TOP PARENTING BOOKS FOR MOTHERS OF TEEN GIRLS



CURRATED BY DEIDRÉ HEAFIELD  
EDUCATIONAL PSYCHOLOGIST

# THE ADOLESCENT YEARS

Parenting a teenage girl can feel like entering a brand-new world — full of rapid growth, shifting emotions, changing friendships, and new challenges. This guide brings together a carefully curated list of highly recommended books to support mothers in understanding their daughters' development, strengthening communication, and building connection.

Each title has been selected for its clarity, compassion, and practical strategies that help turn daily challenges into opportunities for deeper trust and resilience. Whether you are navigating social pressures, emotional ups-and-downs, or simply wanting to stay connected, these books offer insight, empathy, and guidance for every stage of adolescence.



# UNTANGLED

BY LISA DAMOUR

Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood — By psychologist-author Lisa Damour breaks down adolescence into seven logical developmental phases (from early teen years through to independence), helping you to see which behaviours are “normal,” and which may need attention. Great for building understanding rather than reacting emotionally.



## untangled

GUIDING TEENAGE GIRLS  
THROUGH THE  
SEVEN TRANSITIONS  
INTO ADULTHOOD

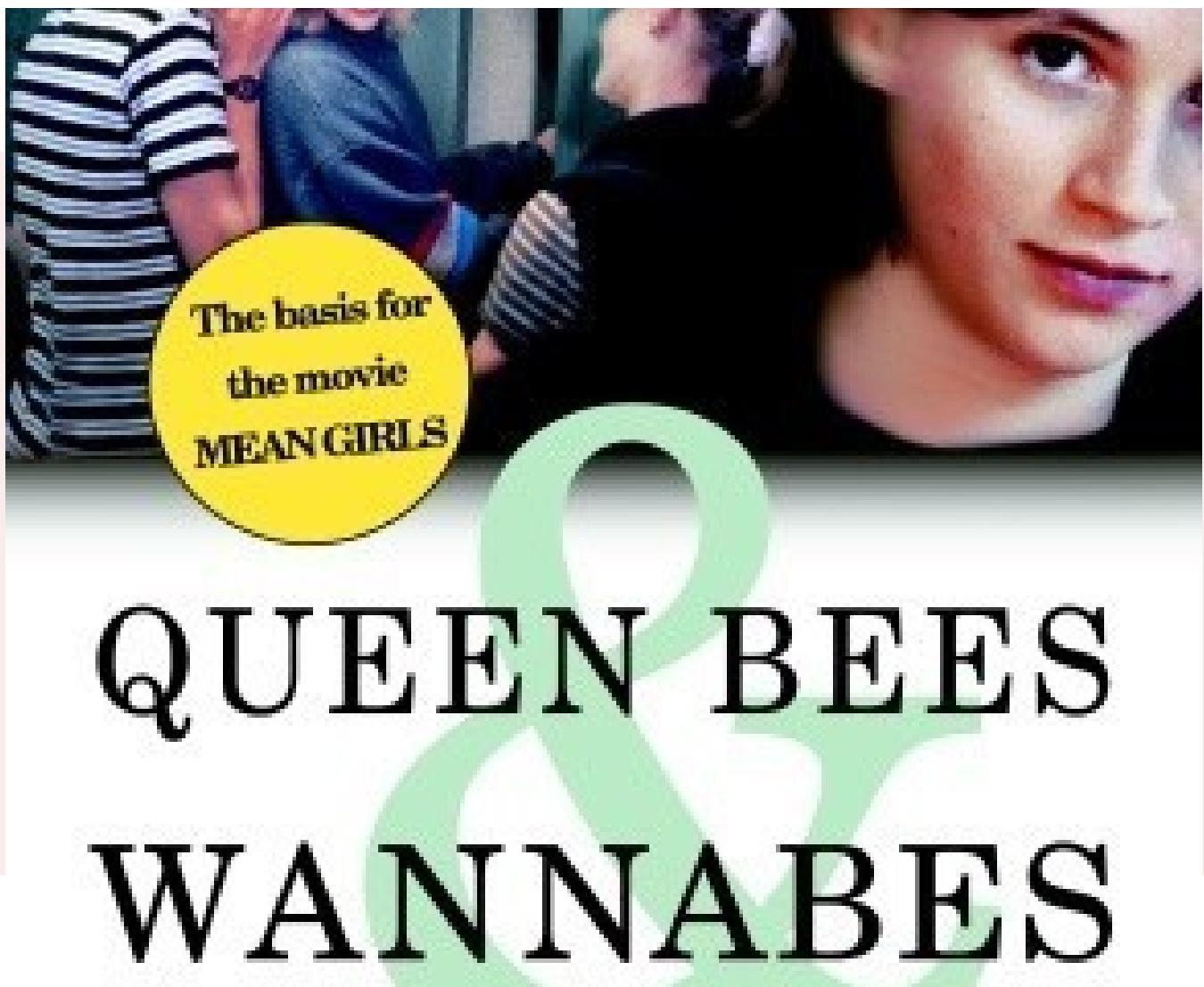
Lisa Damour, Ph.D.

“For years people have been asking me for the ‘girl equivalent of *Raising Cain*,’ and I haven’t known exactly what to recommend. Now I do.”

# QUEEN BEES AND WANNABES

BY ROSALIND WISEMAN

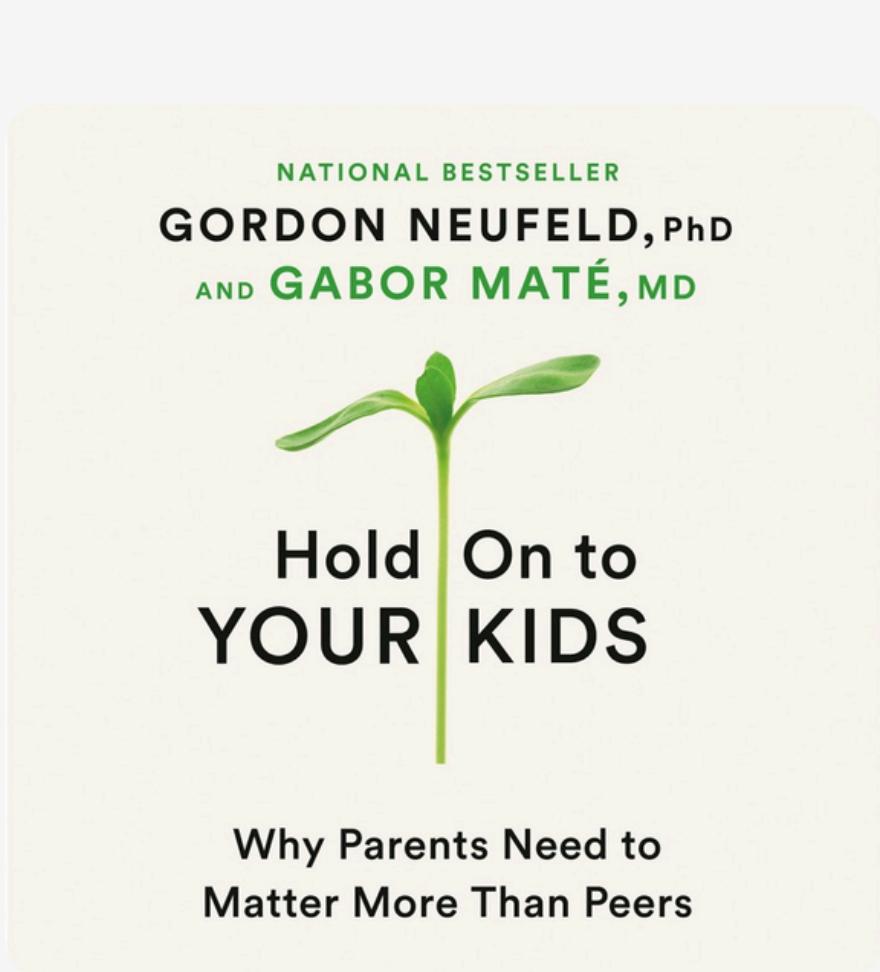
*Queen Bees & Wannabes* by Rosalind Wiseman is a guide for parents and adults to understand the complex, often hidden social world of adolescent girls, revealing how cliques, gossip, and popularity dynamics (the "Queen Bees" and "Wannabes") deeply influence self-esteem, friendships, and behavior, offering strategies to help girls navigate issues like bullying, boys, and social media with resilience and dignity,



# HOLD ON TO YOUR KIDS

## BY GABOR MATÉ

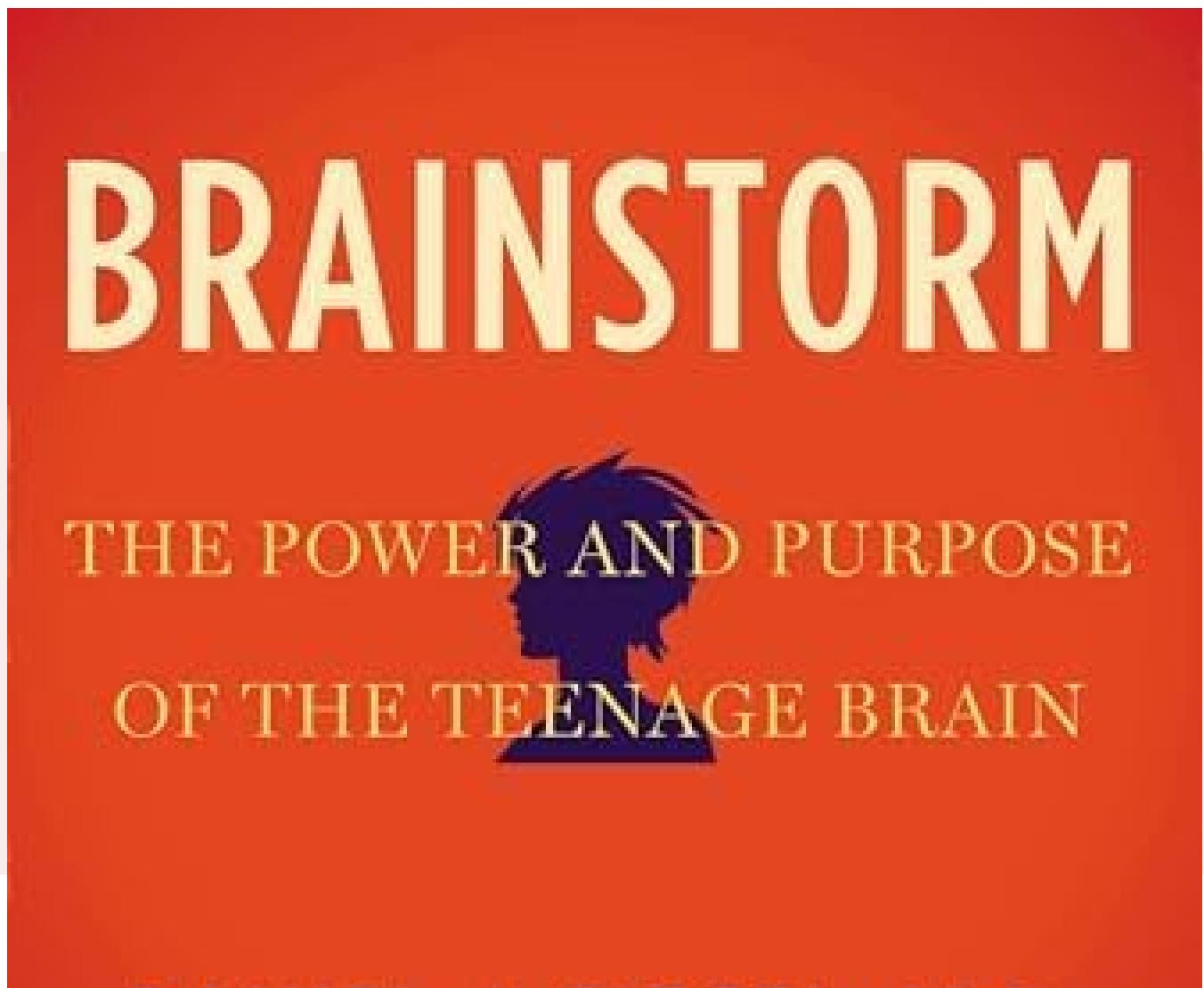
This parenting classic is as relevant today as it was when it was first published, shining a light on one of the most misunderstood trends of our time: how the influence of peers, magnified by social media and video game culture, is replacing parents in the lives of children, and what parents can do about it.



# BRAINSTORM

BY DANIEL J. SIEGEL

Brainstorm: The Power and Purpose of the Teenage Brain – In this New York Times-bestselling book, Dr. Daniel Siegel shows parents how to turn one of the most challenging developmental periods in their children's lives into one of the most rewarding.

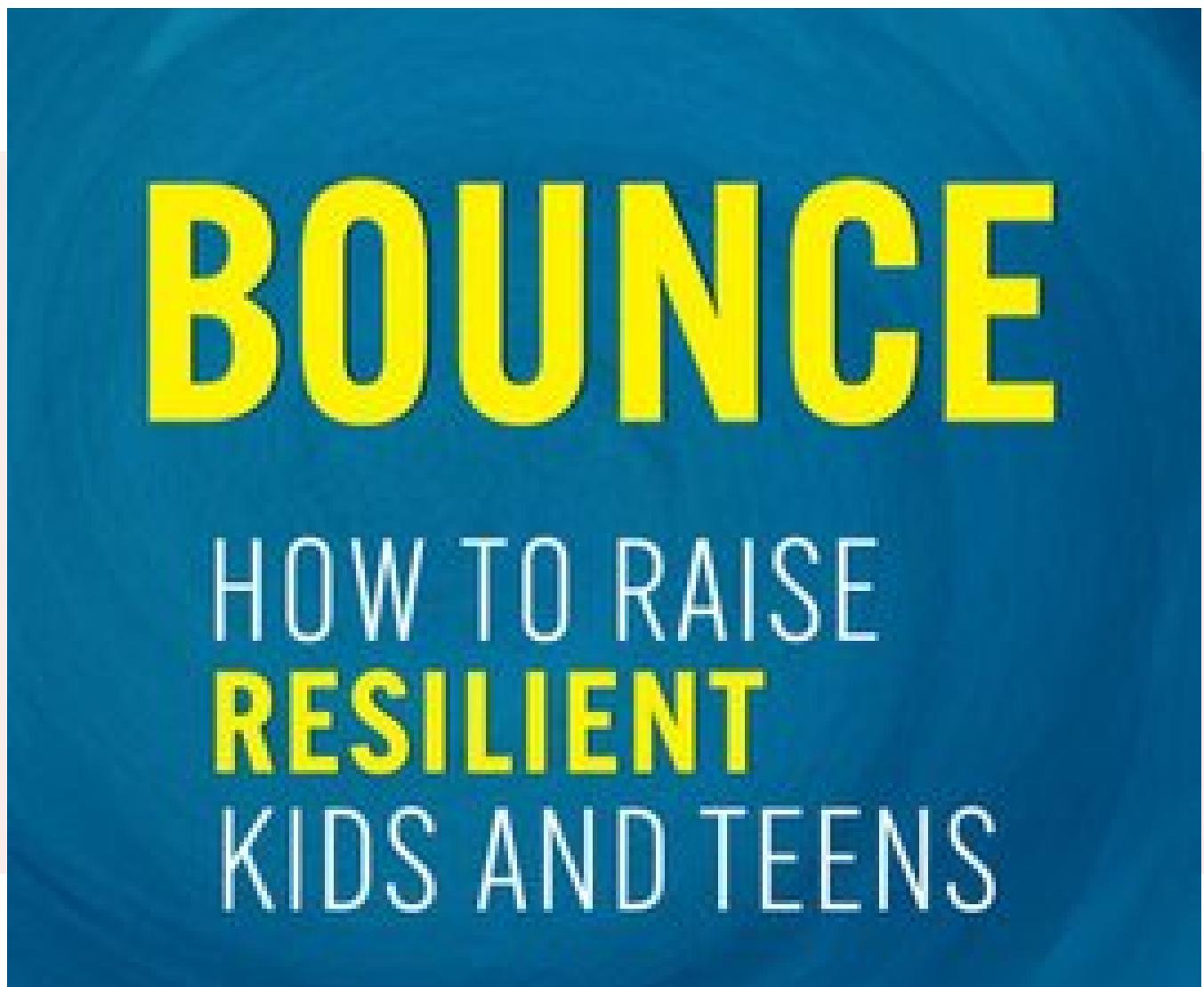


# BOUNCE

BY NAOMI HOLDT

Bounce: How to Raise Resilient Kids and Teens is an easy-to-read, effective guide that can make an immediate difference to your parenting approach and your relationship with your children.

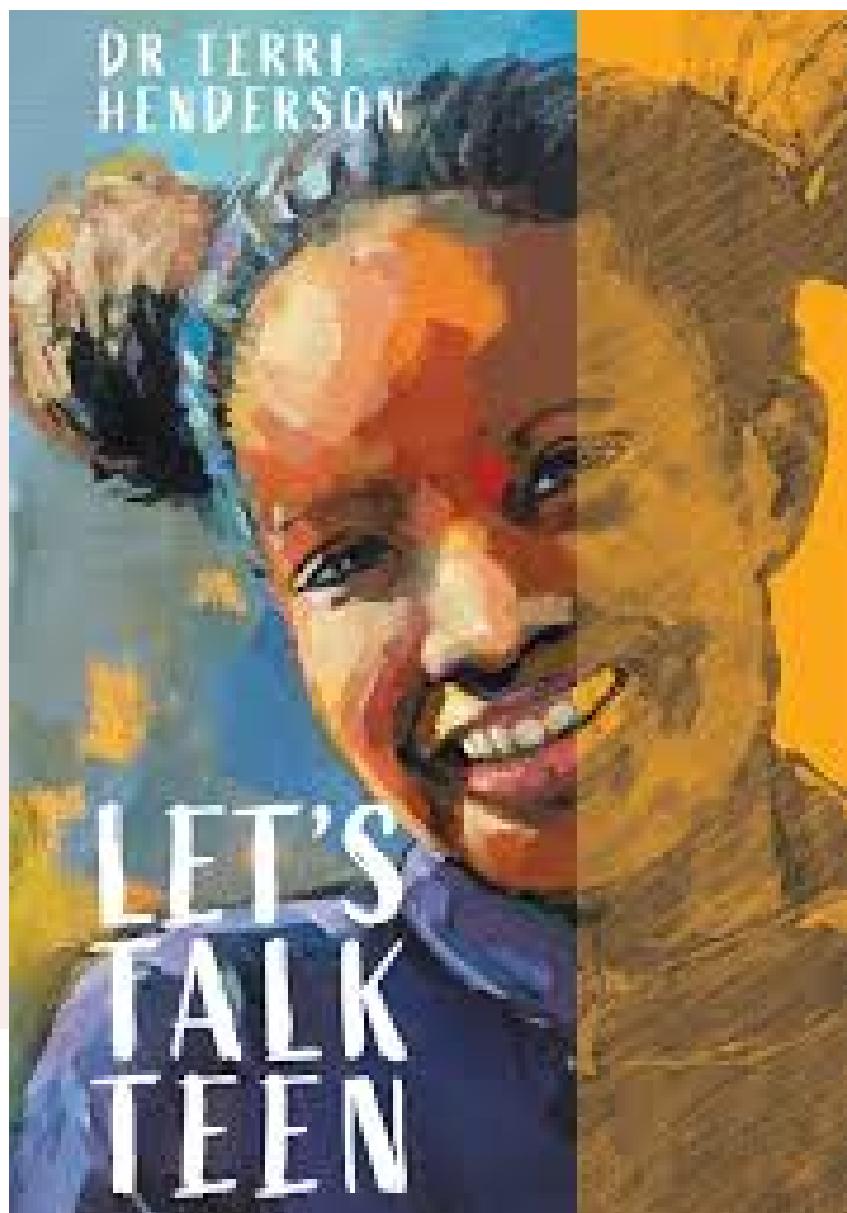
Based on years of experience as a parent and a parenting expert, it provides accessible information and advice, thought provoking exercises and proven techniques.



# LET'S TALK TEEN

## BY DR. TERRI HENDERSON

Dr Terri Henderson's clinical experience working with adolescents for more than a decade has shown her that the challenges that adolescents face are many, but relatively similar, regardless of culture or background. *Let's Talk Teen* is a book that aims to guide adolescents, and those who care for and work with them, to better understand these challenges and how to deal with them. Adolescents have much to offer, and a better understanding of our teens is advantageous to all.

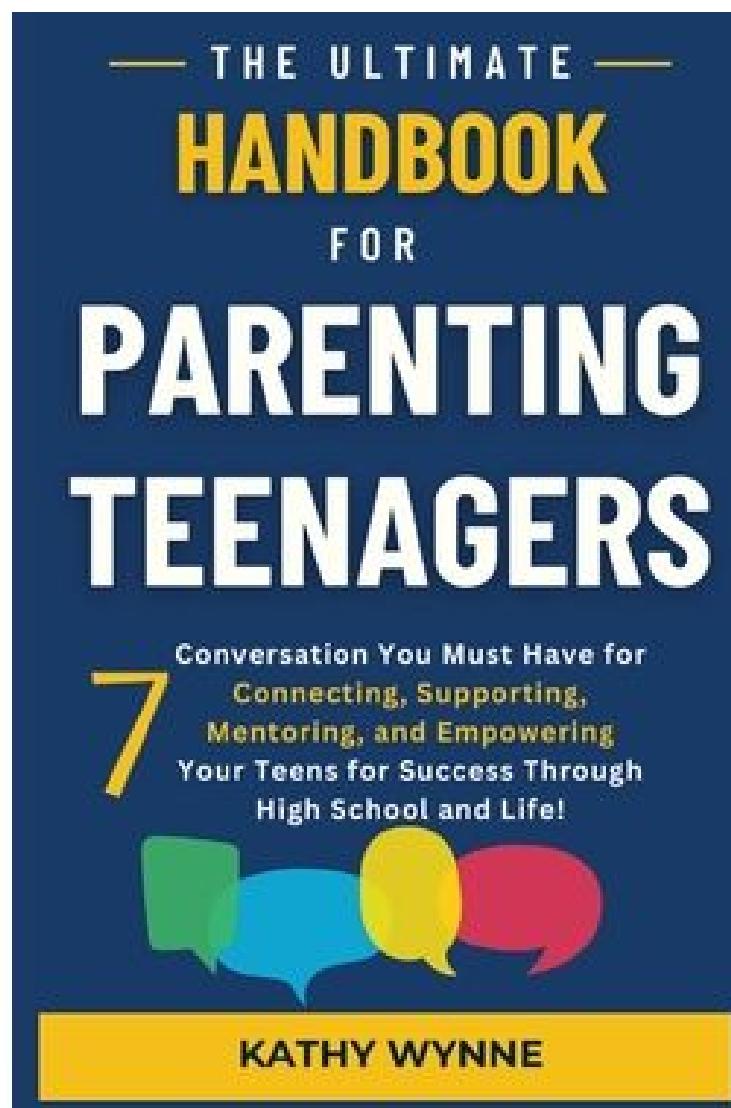


# THE ULTIMATE HANDBOOK FOR PARENTING TEENS

BY KATHY WYNNE

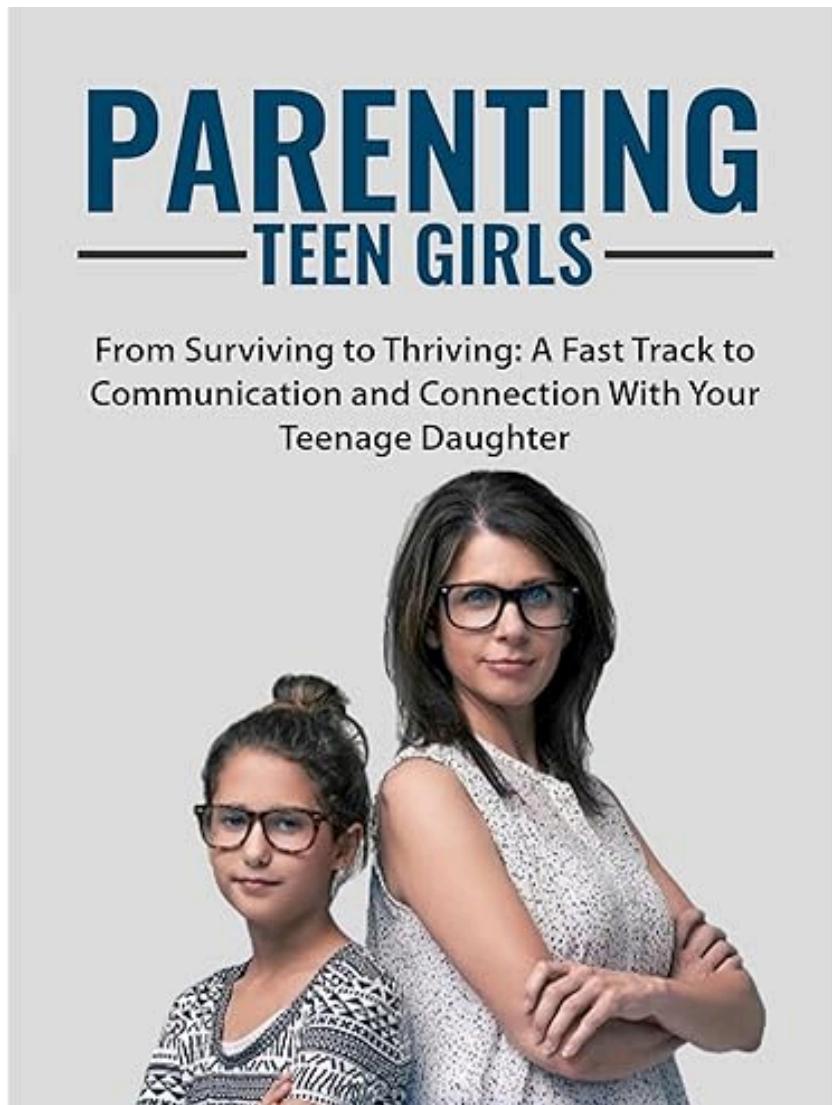
Written by a parent for parents, this handbook for parenting teenagers allows you to gain a deep understanding of teenage behavior while providing you with practical solutions to help you navigate through the stormy modern-day teenager parenting.

From popular topics such as communication, friendships, finances, social, and school life to sensitive topics such as dating, sex, and drugs, this teen parenting handbook will take you on an incredible journey of teen parenting.



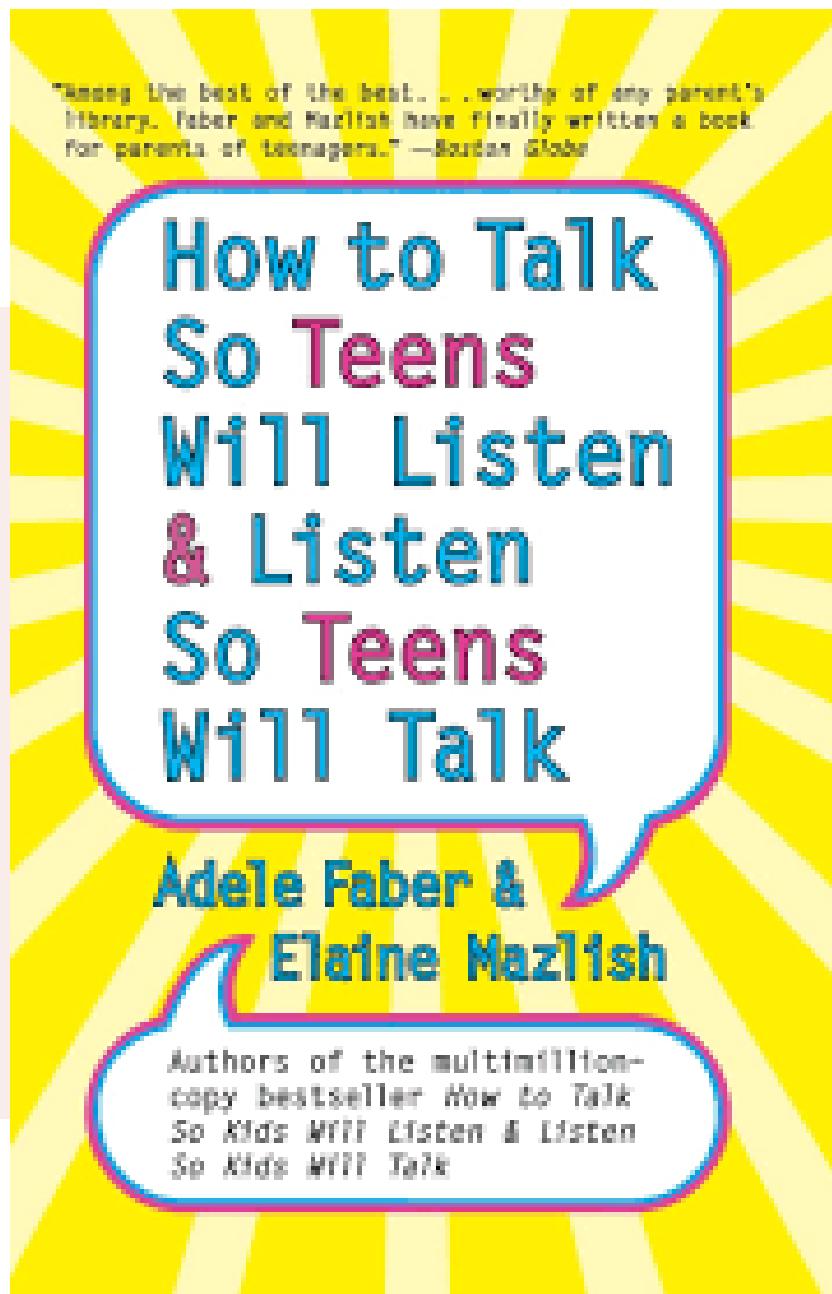
# PARENTING TEEN GIRLS: FROM SURVIVING TO THRIVING ELEVATED MINDS

Parenting teen girls from surviving to thriving involves shifting from conflict to connection by understanding adolescent brain development, fostering open communication, setting firm but loving boundaries, and building mutual respect, focusing on empathy, emotional regulation, resilience, and celebrating individuality to navigate the turbulent years into confident young women. Key strategies include empathetic listening, validating feelings, using "I'm worried" instead of angry accusations, repairing conflicts, and showing unconditional love and acceptance beyond performance.



HOW TO TALK SO TEENS WILL LISTEN AND LISTEN  
SO TEENS WILL TALK  
BY FABER AND MAZLISH

*How to Talk So Teens Will Listen & Listen So Teens Will Talk* by Adele Faber & Elaine Mazlish offers parents practical tools, relatable stories, and proven techniques to bridge communication gaps with teens, focusing on mutual respect, calm dialogue, and understanding adolescent challenges like curfews, cliques, and drugs, to build lasting, cooperative relationships.

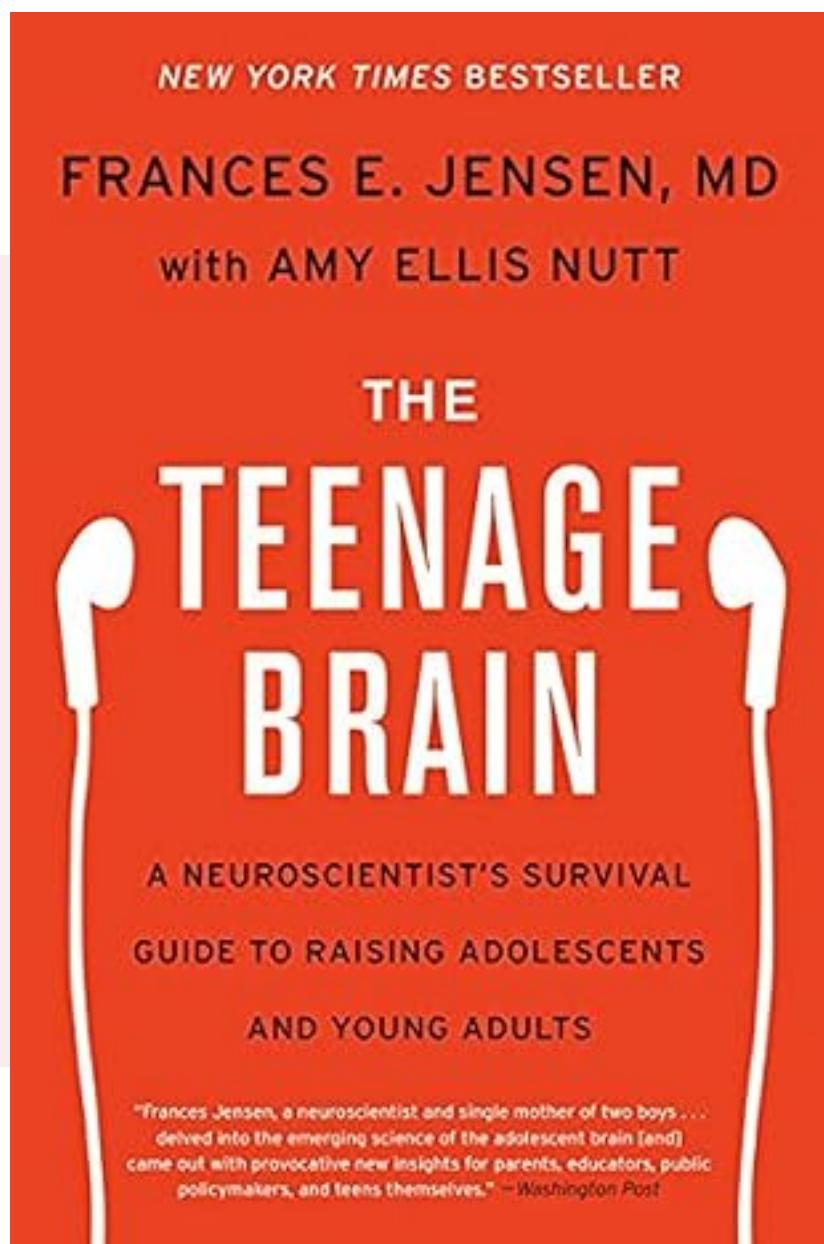


# THE TEENAGE BRAIN

BY FRANCES E. JENSEN

**Renowned neurologist Dr. Frances E. Jensen offers a revolutionary look at the brains of teenagers, dispelling myths and offering practical advice for teens, parents and teachers.**

Dr. Frances E. Jensen is chair of the department of neurology in the Perelman School of Medicine at the University of Pennsylvania. As a mother, teacher, researcher, clinician, and frequent lecturer to parents and teens, she is in a unique position to explain to readers the workings of the teen brain. In *The Teenage Brain*, Dr. Jensen brings to readers the astonishing findings that previously remained buried in academic journals.



# TEENAGE GIRLS

Parenting a teenage girl is not about having all the answers, but about staying present, curious, and emotionally available. The books in this list are intended to support you in understanding your daughter's changing world while strengthening the relationship you share.



With empathy, open communication, and steady guidance, these years can become an opportunity for deeper connection, mutual respect, and lasting trust as your daughter grows into herself.

**FOR MORE PARENTING  
RESOURCES VISIT MY WEBSITE**

*To be in your children's memories tomorrow, be in their lives today.*

BARBARA JOHNSON