



# What Every 21st Century Parent Needs to Know: Facing Today's Challenges With Wisdom and Heart

*Debra W. Haffner*

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A provocative new book that debunks the myths, validates the concerns, and advises parents on how to keep their children safe and healthy in a world so different from the one in which they grew up.

Has raising children become more difficult, or are parents unnecessarily alarmed by the constant stream of stories and statistics in the media? How do those reports relate to their children? What's fact? What's exaggeration, or misinterpretation?

These are some of the questions that parenting expert Debra Haffner, author of the award-winning books *From Diapers to Dating* and *Beyond the Big Talk*, answers in her new book. She addresses head-on the good and bad news about 21st-century parents' concerns: stress, self-esteem, drinking, achievement, drugs, Internet safety, cell phones, Facebook, depression, sports, nutrition, bullying, faith, abstinence, and sex.

With compassion and clarity, backed by extensive research, Haffner provides invaluable insight into the world of children today, along with practical and reassuring tips for parents on how to tackle many of the day-to-day challenges.

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