



From Mayhem to Maturity (Almost): A Survival Guide for Parents of Middle School Girls

Dr. Kathleen Benyo

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There are many trials and tribulations girls experience as they become Middle School students. This guide assists parents in managing these surprises. The book is arranged alphabetically so it can be used as a resource manual, and includes topics such as puberty, bullying, social media, staying home alone, attitudes, and so much more. Do you know what to ask at a parent/teacher conference? What makes a nutritious lunch? How do you start to let go and allow your daughter to start to grow up?

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