

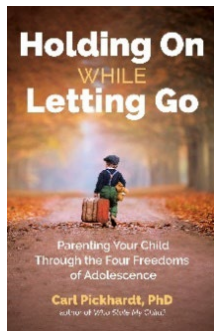
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FOR IMMEDIATE RELEASE

Parents: Navigate the Four Freedoms of Adolescence

Austin, TX, October 4, 2022 —There's a reason the road through adolescence is rocky—it's supposed to be. Children must pass through "four unfolding freedoms" in order to become competent, independent, and confident adults. How easily parents can navigate these twists and turns with less hand-holding, angst, and hitting the brakes directly correlates to how successful their children will be.



In his new book, *Holding On While Letting Go: Parenting Your Child Through the Four Freedoms of Adolescence*, Dr. Carl Pickhardt shares these four unfolding freedoms and helps parents navigate these challenging times.

The four unfolding freedoms include:

- 1. freedom from rejection of childhood**, around the late elementary school years, when they want to stop acting and being treated as children anymore.
- 2. freedom of association with peers**, around the middle school years, when they want to form a second family of friends.
- 3. freedom for older experimentation**, around the high school years, when they want to try more grown-up activities.
- 4. freedom to claim emancipation**, around the college age years, when they decide to become their own ruling authority.

“Counseling with many families over many years, I believe there is a continuing need for parents to be informed about common changes that adolescence brings for the teenager and for themselves. I hope this book serves that purpose,” says Pickhardt.

With each successive push for freedom, both parents and teens need to learn how to do less holding on to each other while doing more letting go. Readers will learn the way with compassion, experience, and time-tested guidance.

About the Author



Carl Pickhardt, Ph.D., is a noted psychologist, speaker, and parenting expert, now retired from private counseling practice. He received his B.A. and M.Ed. from Harvard, and his Ph.D. from the University of Texas at Austin. He is a member of the American and Texas Psychological Associations. He writes a popular parenting advice column for *Psychology Today* and has written some of the

most practical and helpful books about important parenting issues, including: *The Connected Father*; *Stop the Screaming*, *The Future of Your Only Child* and *Why Good Kids Act Cruel*. A prolific author, he continues to write three distinct kinds of books: illustrated psychology, of coming of age fiction, and of nonfiction parenting advice – *Holding On While Letting Go* the seventeenth of these parenting books. For a complete list of his books, see his website: www.carlpickhardt.com

Holding On While Letting Go: Parenting Your Child Through the Four Freedoms of Adolescence

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Media Questions for *Holding On While Letting Go*

1. You recently wrote a book, *Holding On While Letting Go*. Tell me about your book.
2. What inspired you to write this new book?
3. What are some of the reasons that parents find parenting to be a challenge during the late elementary through college age years?
4. What are some of the most common mistakes that parents make when parenting during the years of adolescence?
5. What do you hope that the book accomplishes?
6. Your book identifies four freedoms of adolescence. Can you tell us a few of them, and how knowing them can help readers?
7. Your book offers a tool kit for parents to navigate the late elementary through college age years. Can you tell us more about the strategies offered in your book?
8. What practical advice can you provide parents who are trying to overcome challenges during the years of adolescence?
9. Why is their child's adolescence a positive time for parents to look forward to?