



Parenting the Millennial Generation: Guiding Our Children Born between 1982 and 2000

David Allan Verhaagen

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They have strong values—faith, family, tolerance, intelligence, and altruism among them. But, contrary to what one might guess, these people are not America's sage elders. This is the Millennial Generation. Born between 1982 and 2000, the oldest among them today are entering their 20s or in their teen years. They aim to rebel against society by cleaning it up, returning to old-fashioned values and relationships. Author Verhaagen describes why, nonetheless, parents are feeling more anxious and frazzled than ever before, even as they are faced with the task of raising what some predict will be our next hero generation. Verhaagen explains how research shows adults can help keep these young people on a positive path, stoke their ideals, and help them be resilient when the inevitable mistakes and obstacles arise.

The Baby Boomers and older Gen Xers are parenting this new crew, aiming to ground them and instill great hope for the future. But Millennials face challenges greater than any generation faced before them. Many spend all or part of their childhood without a father in the home. Technology, including the Internet, is exposing them to adult material at increasingly young ages. They are subject to violent images that are more common than ever before in movies, television, and games. So parents still need to provide guidance. Verhaagen aims to help parents with research and advice, including how to teach determination, problem-solving, emotional smarts, and resilience. His text includes vignettes and his personal experience as a psychotherapist/father.

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