



Big Talk: Talking to Your Child about Sex and Dating

Laurie Langford

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A very accessible, step-by-step guide that provides simple yet meaningful ways to discuss this crucial subject. Makes talking about sex easy and opens lines of important communications between parents and children. Bravo!" —Rabbi Steven Carr Reuben, Ph.D. author of *Children of Character: Leading Your Children to Ethical Choices in Everyday Life*.

"Comprehensive, dignified, conscientious, and nurturing...Very worthwhile for teens and their parents." —Irving N. Klitsner, M.D., F.A.A.P., Founder and former Director, Teen and Young Adult Health Care Center, Kaiser-Permanente of Southern California and Professor of Pediatrics and Adolescent Medicine, USC and UCLA.

You know that it's important to talk with your kids about sex. But if you're like most parents, you get tongue-tied just thinking about having "the big talk." Even if you know exactly what you'd like to say, you may have no idea when or where to begin, or how to get your message across. This book can help.

The Big Talk shows you how to have warm, nurturing conversations about puberty, dating, relationships, and sex. Drawing upon hard-won personal experiences and the experiences of teens and parents whose stories appear throughout this book, Laurie Langford makes communication easy. She shows you how to talk about values and self-respect, setting high standards and sticking to them, and having fun with members of the opposite sex without being pressured into sex too soon. She also supplies sample dialogues, games, role-playing exercises, and other useful tools for breaking the ice and keeping the lines of communications open.

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