



Real Talk for Real Teen Parents: A Real Life Workbook for Young Parents

Dr. Mary Jo Podgurski

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Real Talk for Real Teen Parents provides exactly what teens need during pregnancy--a balance between top-notch education and emotional understanding. Dr. Podgurski has a unique and effective way of helping young parents find peace in their new role, while realistically teaching and building confidence. Her work is sensitive, relevant and meaningful to teenagers. Dr. Podgurski's warm delivery of information personally helped me to have a healthier pregnancy and to prepare well for my childbirth experience. I am a more confident and nurturing mother today because of her guidance. The self-paced exercises in this workbook will allow teens to gain invaluable insight. It provides the opportunity to identify and express personal feelings, and set realistic expectations for the future. Investing in this workbook will provide guaranteed long-term benefit to new families. It will help influence and encourage the participants to become the best parents and young adults that they can be! Katherine Stains

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