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**The DrStem Show
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April 30th 2013: Teen-Parent Family Solutions**

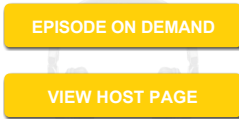
Parenting teens is not an easy task. Quite often when our kids become teens, sometimes even as early as preteens, we notice a change occur in our kids and life becomes more of a struggle with them. Sometimes it's the casual rolling of the eyes, or it might be the little attitudes we pick up on, and sometimes it's the obvious distance that they put between us – where they intentionally push us away and no longer share with us or talk to us like they did when they were younger; and sometimes, we just don't see it until it's right there in front of us and we ask ourselves what happened and when

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Featured Guest



Tammy Potosky

Tammy Potosky is a certified family coach specializing in working with parents and teens. After spending over 20 years in the corporate world in the area of education and development, Tammy has spent the past 5 years working with parents and teens through her successful programs, workshops and retreats as well as individual and group coaching with her private clients. Tammy lives in Orlando, Florida with her husband and 2 of her 3 children. Her children are 13, 18 and 25 years old and she has first-hand experience in dealing with teenagers. Tammy is a community volunteer with several local organizations, most in the areas that benefit teens, students and families. She has a passion for

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