

Parenting Pitfalls and Practical Solutions with Dr. Ann-Louise Lockhart

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By Candace Dellacona

Season 4 of The Sandwich Generation Survival Guide continues with an extraordinary conversation with nationally recognized pediatric psychologist, parent coach, and bestselling author Dr. Ann-Louise Lockhart. Known for her appearances on CBS Mornings and the Today Show and her groundbreaking work with families, Dr. Lockhart joins Candace Dellacona to discuss her acclaimed book, "Love the Teen You Have: A Practical Guide to Transforming Conflict Into Connection." Together, they explore the realities facing today's Sandwich Generation — balancing the emotional demands of raising teens while caring for aging parents, all amid burnout, overparenting, perfectionism, and nonstop digital pressures. Dr. Lockhart shares powerful insights on boundaries, re-parenting yourself, and building stronger, healthier family connections in the middle of life's most overwhelming season.

To learn more about Dr. Lockhart, visit <https://www.anewdaysa.com/>

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