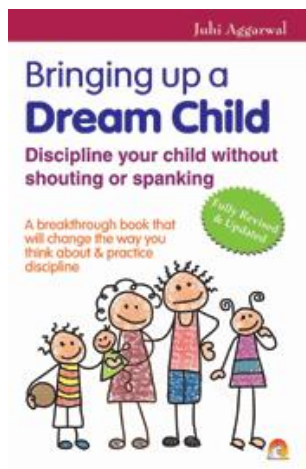




## Bringing Up A Dream Child



**Author:** Jubi Aggarwal  
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There are no difficult children - there are difficult parents.

According to psychologists it is the parents who are largely responsible for how their children ultimately turn out to be. Likewise the parents themselves first need to know the difference between right and wrong, proper and improper behaviour, before they can play a positive and constructive role in the upbringing of their children. They also need to even set their own examples before them to follow. This is a breakthrough book that will change the way you think about and practise discipline.

The book guides you on how to:

- \*Set the rules according to age
- \*Produce a conducive atmosphere at home
- \*Listen to their problems
- \*Establish a bond of love and trust
- \*Deal with children's need of privacy
- \*Protect them from inappropriate behaviour of parents
- \*Avoiding conflict amongst themselves
- \*Improve communication with the child, explaining to the child the outcome of his/her behaviour
- \*Effect the system of reward or punishment
- \*Learn the ways to relax physically and mentally to cope with a child's reasoning

The book is especially produced for current environment where the parent-child relationship has undergone a major change covering every stage from early childhood to difficult adolescence.

## Contents

Introduction

Discipline

What is Hitting?

Why not to Hit?

Child Abuse

Parental and Home Influences on Child

Behaviour

What are Rules?

Setting Rules According to Age

Techniques and Ways to

Discipline Children



Conducive Atmosphere  
At Home (22 Techniques)  
What Not To Do  
Inappropriate Behaviour  
of the Parents (15 Techniques)  
Avoiding Conflicts  
Simple Ways to Avoid Turning a Home  
into a Battlefield (11 Techniques)  
Effectively Dealing with the Child  
Improving Communication with  
the Child (10 Techniques)  
Giving the Child Consequences  
Telling the Child the Outcome  
of his Behaviour (16 Techniques)

Giving Yourself A Lift

Ways to Relax and Cope with  
Child Rearing (7 Techniques)

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