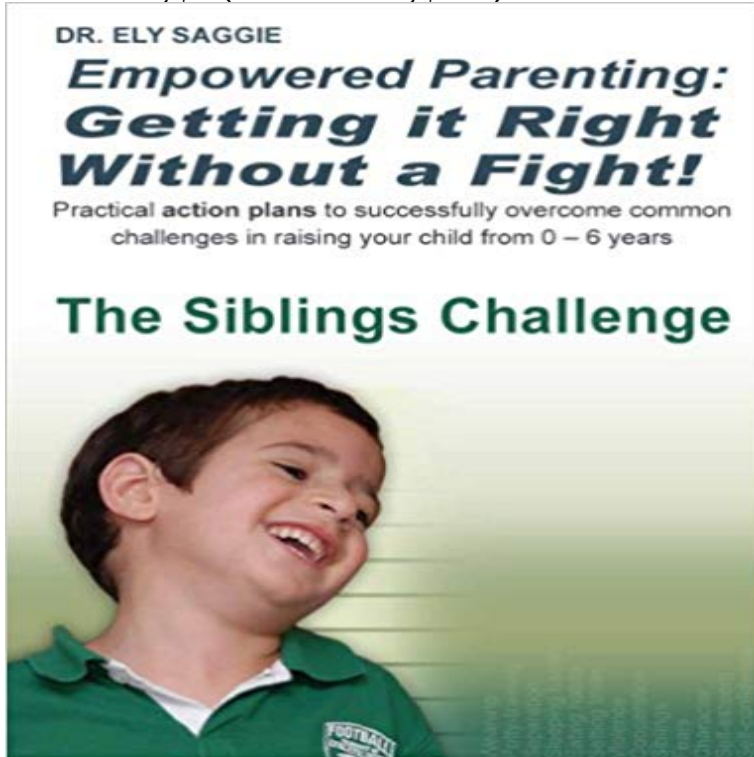


Empowered Parenting: Getting it Right Without a Fight! The Siblings Challenge (birth to age 6)



Parents may wonder: How do I get my firstborn ready for a new sibling? What should I do or say during the pregnancy period? What to do with my firstborn at due date? How to act with my firstborn and with the new sibling during the hospital stay? How do we all adapt to a new routine? What to do when my firstborn regresses or get jealous and acts out? What should I do in times of quarrels? How do I get my children to be more considerate? This one-of-a-kind handbook contains step-by-step guides to these and other questions concerning siblings relationship, from birth to age 6. This booklet is a cut-out from the full version of the book *Empowered Parenting: Getting it Right Without a Fight!* Practical action plans to successfully overcome common challenges in raising your child from 0-6 years. The full version book is also offered on Amazon/Kindle and addresses all the major challenges faced by parents of children age 0-6. Dr. Ely Saggie's proposed action plans are a synergy of various approaches: classical psychology, Cognitive Behavioral Therapy, Positive Psychology and marketing psychology. The booklet uniquely threads academic theory into practical behavioral action plans. It offers a problem-solving approach, and includes examples from the author's personal and clinical experience. Dr. Ely Saggie is a psychotherapist counseling individuals, couples and families, specializing in parental guidance. Based on his expertise in the field of parent-child relations, Dr. Saggie is a professional consultant for *Parents and Children* magazine, leads an internet forum on parenting, writes articles, gives lectures, and is a guest expert on various radio and television talk shows. Ely Saggie holds five academic degrees from international institutions: PhD in Psychology from Azteca University, Mexico; MSc in Psychotherapy from Derby University,

England; MBA from Tel Aviv University, Israel; BA in Psychology from the Open University, Israel; and BA in Social Sciences from Hunter College, New York, USA.

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