



# Okay Parenting: Psychological Handbook for Parents

*Mavis Klein*

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# Okay Parenting: Psychological Handbook for Parents

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## **Okay Parenting: Psychological Handbook for Parents** Mavis Klein

Based on the fundamental assumption of psychoanalysis - that people have an unconscious mind which influences a great deal of what they consciously do - this is an A-Z guide to the psychology of parenting and aims to give parents reassurance and confidence in their parenting skills. The author combines her opinions and attitudes with the psychoanalytic view of child development, based on Freud, and the theory of transactional analysis, based on Eric Berne. The book covers almost 200 topics, including anxiety, bribery, defiance, dyslexia, money, the only child, phobias, quarrelling, rejection, smacking, thumbsucking, sleep problems and working mothers. Where appropriate, the information and advice is divided into age-groups. The author is a psychotherapist with 30 years of practical experience in counselling parents and children, and also a transactional analyst.

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