

About the Book :

Embark on a transformative parenting journey and unlock the genius within your child. Get ready to embrace the joy of watching your child thrive and succeed with the Ultimate Parenting Model! this book offers a roadmap to help you tackle the intricacies of raising a child in today's world. In Section 1 explore the often underestimated impact of sibling comparisons and discover strategies to foster healthy sibling relationships. Section 2 delves into the essential elements of building a strong foundation for your child, emphasizing the values, habits, and rapport-building skills that contribute to their growth and success. Section 3 addresses relevant challenges that parents face in the digital age, such as teenage digital addiction, unhealthy eating habits, and early signs of OCD. Gain valuable insights into identifying if your child requires professional help and learn how to support them effectively. Section 4 delves into the often-overlooked aspect of parenting—the management of your own emotions. Discover techniques to tackle worry, cultivate mindfulness practices, and create a nurturing environment for both you and your child.

About the Author :

Author | Mentor | Parenting Coach

Is the Creator of the program “**Decipher & Unlock the Potential in your child**”. She possesses a profound understanding of the challenges faced by children and aims to guide them towards overcoming stress, anxiety, worry, and procrastination. Yogita extends her expertise to parents, helping them manage their own emotional states and equipping them with the necessary skills to facilitate an environment conducive to the holistic growth and well-being of both parents and children. She has an experience in the dynamic realm of the corporate world that spanned over two decades. With an illustrious background that encompasses diverse industries such as media, banking, and non-banking financial companies (NBFCs)



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THE ULTIMATE PARENTING MODEL

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