

Hedvig Montgomery – Parental Magic

The Parental Magic series is a modern-day bible for 21st century parents in which psychologist and family therapist Hedvig Montgomery lists seven easy steps to succeeding as a parent.

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Hedvig Montgomery

Parental Magic

Hedvig Montgomery

The Time of Miracles

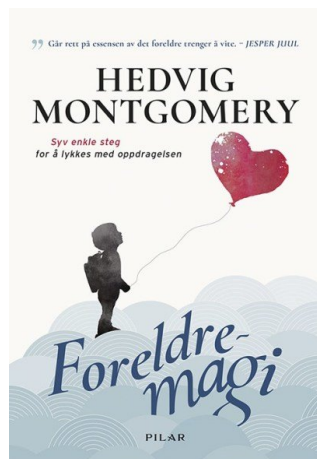
Hedvig Montgomery

The Kindergarten Age

Hedvig Montgomery

The Elementary School Age

**BOOKS FROM
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Hedvig Montgomery

Parental Magic

Parental Magic #1

“After twenty years as a family psychologist, I know that no one is born a good parent. But I also know that almost everyone can become one – and that everyone can become better. The role of parent to a child will be the most important role you’ll ever have in your life. It will demand wisdom, knowledge, lots of courage, and even more self-knowledge. At times it will demand more of you than you’d ever expect, but the beauty of it all is:

If you become a better parent, you will also become a better person.

It’s in other words very much worth the hard work.”

How do you get a happy child? How do you foster confidence? How do you prepare a child for sad things to come? How angry are you actually allowed to get? Which is the most common mistake parents make? And what is really the most important job of parents during a child’s infancy and adolescence?

Parental Magic is a modern-day bible for 21st century parents. In seven easy steps, psychologist and family therapist Hedvig Montgomery guides parents and guardians towards what everyone wishes for: children and adults who are content and happy with themselves – also when together.

Parental Magic is the smart and simple book that will teach you how to become the parent you wish to be.

Hedvig Montgomery is the author behind the book that I myself would have written as a modern version of Your Competent Child. A book that acknowledges that Nordic parents have learned to take children’s vulnerability, wisdom and responses seriously.

- Jesper Juul

Hedvig Montgomery

Hedvig Montgomery (b. 1968) is a psychologist and family therapist with more than two decades of experience in the field. Besides practising as a family therapist, Montgomery holds seminars at the Norwegian branch of Famlab, an international organisation that supports and educates parents and guardians. *Parental Magic* is the fruit of decades of research and practical experience, a small book jam-packed with wisdom and smart techniques. It’s a modern day child-rearing bible that will give guardians worldwide

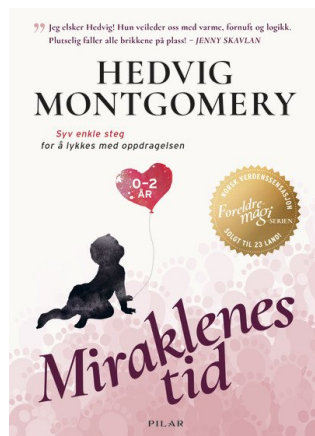


just the tools they need to guide their children – and themselves – to happiness.



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Hedvig Montgomery

The Time of Miracles

Parental Magic #2

Having a baby is a miracle. It doesn't matter how many children you have; the experience is always something special. And as a parent, you never stop wanting to do right by your child. *The Time of Miracles* is a guidebook for the intimate, sweet and tumultuous first 24 months of a child's life. How do you create a secure space, lull your child to sleep, let it play, act when the baby just won't stop crying – and what is really the most important job of a parent during these first two years?

This second book in the Parental Magic series will take you through the first milestones of a child's life and give you the tools and the knowledge that you need for each one. But first and foremost, *The Time of Miracles* will give you the security you and your child need to develop a healthy and strong relationship that will last a lifetime.

The Parental Magic series is the modern-day bible for 21st century parents and in this second installment, psychologist and family therapist Hedvig Montgomery gives you seven easy steps to succeed as a parent as well as the answers to common questions about sleep, breastfeeding, kindergarten, language and upbringing.

I love Hedvig! She guides us with warmth, sense and logic. Suddenly all the pieces fall into place!

- Jenny Skavlan

A gem of a book about the time of miracles and a treasure chest for all parents with young children! Hedvig Montgomery helps us to understand our own reaction patterns in relation to how we communicate and see our child.

- Oda Weider-Krog, Familiepodden

Hedvig Montgomery

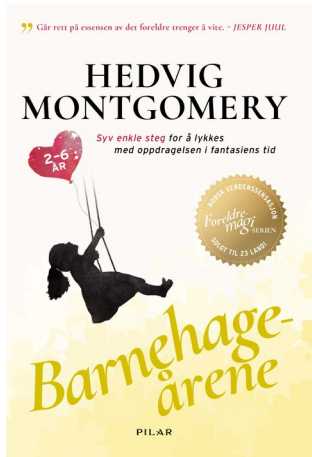
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The Kindergarten Age

Parental Magic #3

The Kindergarten Age is the one book you will need if you have children between 2-6 years old.

In *The Kindergarten Age*, psychologist and family therapist Hedvig Montgomery answers the questions every parent with a child of kindergarten age has: What is a good upbringing? How important is it for the child to make friends? Are sibling fights really that bad? And how are you going to face the “terrible twos,” the imaginary games, and all those new emotions that will become part of your everyday life?

A solid basic guide for kindergarten parents / ... / The language has a nice flow and structure to it.

- Aftenposten, Norway

Hedvig Montgomery

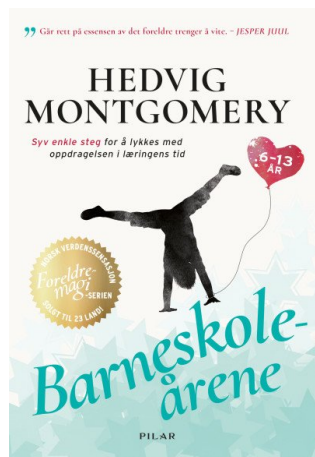
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Hedvig Montgomery

The Elementary School Age

Parental Magic #4

In this fourth installment in the Parental Magic series, Hedvig Montgomery will guide parents and guardians through the years when a child first finds her place in the larger community: *The elementary school age*.

The elementary school age is one that's full of big, hard-to-handle emotions and the search for what it means to be "me." It is during these years that a child's personality takes shape. It's an adventure full of vulnerability. The fear of ending up without friends or making a fool of oneself is common, and despite being social beginners, children will have to navigate many new things: math homework, fragile friendships, and other tricky situations.

Hedvig Montgomery will give you the methods and advice you need on this journey towards raising secure and happy children. She will answer the questions that all parents ask themselves: How do I get my child to confide in me when something is difficult? What do I do if my child is lonely? How much time should we spend on homework? This is the book that will make you the parent you wish to be.

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