



Parenting an Only Child: the Joys and Challenges of Raising Your One and Only

Susan Newman

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Is it possible to raise a contented only child? Can we be happy with only one child? The answer to both of these questions is a resounding yes.

In recent years, the number of couples choosing to have one child has risen sharply. Whether it's by choice or fate, having a single child presents unique considerations, opportunities, and advantages. Social psychologist Susan Newman, who has been studying single-child families since the 1980s, shatters the myths of the lonely, spoiled only child, and provides in-depth coverage of the critical issues including:

- Making the right family size decision for you
- Withstanding the pressure to have another
- Maintaining a balance of power in a three-member household
- Single-parenting the only child
- Setting boundaries with a child who is used to having your undivided attention
- Fostering high achievement, creativity, and independence in only children
- The effects of having parents, instead of siblings, as role models
- Confronting age-old only-child stereotypes
- Building family networks and other support systems for the future

Presenting fascinating findings and family stories, Dr. Newman shares her knowledge and gives down-to-earth advice, making this the most accessible, up-to-date handbook of its kind. For couples who are already raising an only child, or for those who are exploring the option, **Parenting an Only Child** offers encouraging clarity and singular insight. Now with a new resource section.

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