

SaBine BÜchner/Jakob Hein

Jetzt aber dalli!

COME ON, GET A MOVE ON!

	Hardcover
Format	21.5 x cm
ISBN	978-3-473-46017-5
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Age	4 years and older

Using a simple handicraft tip, this picture book provides parents with practical advice to manage stressful mornings.

- Stressful mornings – never again
- Expert knowledge from child psychiatrist and bestselling author Jakob Hein
- Playfully brought to life with lots of humour by illustrator SaBine BÜchner.

CONTENT

Every family knows stressful mornings. This picture book story playfully explores the parallel universes children and their parents get caught up in in the morning and the ways different ideas and needs clash. To make things less hectic, bestselling author and child psychiatrist Jakob Hein has a simple but extremely helpful practical tip that families can easily recreate themselves: drawing colored fields on the clock-face of a paper clock, representing the most important activities – for example, 10 minutes for waking up and cuddling, 15 minutes to get dressed and so on. The colored fields on the clock face allow even very young children to see which activity is up next and how much time there is left until then. The funny story equally appeals to parents and children and sets them up for a morning routine that is that little bit less stressful.

THE AUTHOR

Jakob Hein, born in Leipzig in 1971, has lived with his family in Berlin since 1972. He is a specialist in child and adolescent psychiatry and the author of numerous books for adults ("Hypochondriacs Live Longer") and children ("Good Night, Carola").

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THE ILLUSTRATOR

SaBine BÜchner was born in Wuppertal, Germany, in 1964 and has lived in Berlin with her family since 1996. She has a degree in animation and communication design with a concentration in illustration. After working in animation for many years and contributing to numerous animated films, she was awarded the Troisdorf Picture Book Award in 2006 and has been a freelance illustrator for diverse publishers ever since.

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