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ToddlerCalm: A Guide For Calmer Toddlers And Happier Parents



Synopsis

This book works. It shows that the naughty step, sticker charts and controlled crying are NOT the only solutions. Many parents struggle with getting their toddlers to sleep, picky eaters; respect; tantrums; discipline; throwing; biting; hitting, communication... All this is normal. What is important is that you don't base your whole relationship with your child on rewards and punishment. ToddlerCalm is about gentle parenting. It will give you a proven and successful alternative approach to creating a calm and happy family.

Book Information

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Customer Reviews

I love this book! I have a 10 month old who is learning to walk so I wanted to get some reading down for toddlerhood to get prepared. I finished in 2 days when nursing my baby. It is that captivating and easy to read. Filled with scientific evidence in all aspects of a toddler's life: eating, sleeping, tantrums, control, playing, communication etc. and tons of very useful yet gentle tips to use in different situations. I'm a scientist myself and am well versed in this area, so I know her research is solid and trustworthy. I love the CRUCIAL framework, it is a very sustainable idea that truly empowers parents, so you can use the same gentle, effective yet firm principles in any unique situation. The writing is also filled with empathy from the child's point of view, which is really

severely lacking in most parenting books, unfortunately. And the empathy issue deserves to be taken seriously, because it is scientifically based! I also love the 10 worked examples in the last chapter. I feel I probably only need to read Playful Parenting and How to talk to kids in addition to this book - those 3 together should be enough for parenting in toddler years, in my view. If you value evidence based care/parenting and want to parent with empathy, compassion and firm boundaries, this book is for you!

Helps parents to understand how toddlers process events and view situations. It gave me a new perspective on the world and how frustrating it can be. Now I am able to handle meltdowns in a more rational way that helps my child feel more secure and valued. Great for those parents who feel that CIO and time outs aren't the best methods for dealing with their children's behavior.

Both my husband and I read this book. I read it first and, I'm not going to lie, there were many eye rolling moments (my husband agreed). I tried, however, to really consider what the author was getting at - and I think this book is definitely worth a read. It provides much needed insight into toddler development and helps me have more empathy for my little guy when he's being a punk. Even so, I do occasionally put him in time out when I'm at my wits end.

A useful book to understand toddler attitudes, based on really recent studies of child's brain development , so you can discipline your child with respect and love, with mindful in the future consequences of their adult lives, not only to obtain momentarily discipline so you can stop the annoyance and you be happy for an insurance, this make you and your toddler happy for a long time relationship.

FINALLY a book that actually explains it in a correct way! I'm in love with all of Sarah's books. This book explains toddlers extremely well!

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