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· A toddler development map to show you how your toddler is changing, what stage they are at, and how to best to enjoy and encourage their mental, social and emotional development . The Calm and Happy Toddler is the ' how to ' and ' why ' of toddler parenting: read this book to understand your toddler, get on the same team and thrive together.

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Child development expert Dr Rebecca Chicot shares with you the secrets to calm and stress-free toddler parenting. Based on her unique

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parent-toddler approach, she reveals that by understanding how your toddler thinks and what changes he is going through, you can respond with confidence and stop sweating the small stuff.

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The Calm and Happy Toddler Gentle Solutions to Tantrums, Night Waking, Potty Training and More by Dr Dr Rebecca Chicot 9781785040108 (Paperback, 2015) Delivery UK delivery is within 4 to 6 working days. International delivery varies by country, please see the Wordery store help page for details.

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The Calm and Happy Toddler : Gentle Solutions to Tantrums, Night Waking, Potty Training and More. Child development expert Dr Rebecca Chicot shares with you the secrets to calm and stress-free toddler parenting. Based on her unique parent-toddler approach, she reveals that by ...

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In Calm Parents, Happy Kids, Dr Laura Markham introduces an approach to parenting that eliminates threats, power struggles and manipulation, in favour of setting limits with empathy and communication.

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Calm Parents, Happy Kids is the UK version of Dr Laura Markham's hugely successful and ground-breaking book, Peaceful Parent, Happy Kids. Now adapted for UK audiences, this practical and inspiring book reveals a three step programme that will transform family life. Most parenting books focus on changing a child's behaviour, but the truth is ...

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Child development expert Dr Rebecca Chicot shares with you the secrets to calm and stress-free toddler parenting. Based on her unique parent-toddler approach, she reveals that by understanding how your toddler thinks and what changes he is going through, you can respond with confidence and stop sweating the small stuff. Whether you need help with tantrums, night waking, potty training or fussy eating, inside you ' ll find:

- A toddler toolkit to help you cope with every toddler scenario
- A fire-fighting guide to hand-hold you through the classic toddler challenges; No! Now! Mine! Yuk!
- A toddler development map to show you how your toddler is changing, what stage they are at, and how to best to enjoy and encourage their mental, social and emotional development

The Calm and Happy Toddler is the ' how to ' and ' why ' of toddler parenting: read this book to understand your toddler, get on the same team and thrive together.

The pediatrician-author of The Happiest Baby on the Block offers parents a groundbreaking new approach for dealing with toddlers, drawing a parallel between a child's development and humankind's journey to civilization and presenting specific behavioral techniques designed to enhance parent-child communication, alleviate tantrums, and increase positive relationships.

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This book works. It shows that 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.

YOU can change your life and change your child's life as well. YOU can find joy, patience, calm and laughter while being the best parent you can be. From certified child behavior expert, children with special needs educator, preschool and toddler teaching authority, mom of five (through a blended family) and grandma to nine, Celia Kibler, comes the must-have guide that all parents of toddlers need, *Raising Happy Toddlers: How to Build Great Parenting Skills and Stop Yelling at your Kids*. Parenting trends and fads come and go, but their ill-conceived teachings and poor priorities can have a drastic lasting effect on kids. These trends contribute to children becoming entitled and out of control with little compassion, empathy, kindness, or self-regulation. Through *Raising Happy Toddlers*, parents get back to the basics by: learning tactics to follow through with intentional parenting? pro-active nurturing? ways to empower your kids and regain control? setting boundaries with consequences? teaching core values? understanding children's limits? practicing patience? attention to emotional development. These important elements, when applied to earnest and loving parenting, will last a lifetime. Parents will actually enjoy being with their children and their children will feel safe, stable, supported, proud, and loved. This book reads like a long-desired manual for parenting your toddler. You will get easy to implement tools and strategies for: Dealing with toddler tantrums? Potty training your toddler? How to communicate with your toddler? How to improve your patience? How to get your child to sleep? How to raise a spirited child? Help for picky eaters? Breaking habits? How to deal with your child's aggression? Understanding your child's Emotional development? Discipline and consequences? Boundaries and limits? Schedules and routines? The importance of play and fun? How to listen to your child and get them to listen to you? How to empower your child? How to build the best parenting skills to create calm and cooperation. This book covers everything you need to Raise Happy Toddlers!

Every parent, caregiver—and toddler—knows the misery that comes with meltdowns and temper tantrums. Through rhythmic text and warm illustrations, this gentle, reassuring book offers toddlers simple tools to release strong feelings, express them, and calm themselves down. Children learn to use their calm-down place—a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-up's arms, talk about feelings, and breathe: “ One, two, three . . . I ' m calm as can be. I ' m taking care of me. ” After a break, toddlers will feel like new—and adults will, too. Books include tips for parents and caregivers.

Trusted maternity nurse Lisa Clegg is on-hand to gently guide you through your child's toddler years. In this book, you'll learn everything you need to know to support your toddler's development, including: · Potty training – when and how to start · Behaviour – avoiding and coping with tantrums · Feeding – introducing new foods and avoiding fussy eating · Learning – encouraging language and movement · Next steps – preparing your toddler for nursery and pre-school With practical advice, answers to common questions and confidence-boosting tips, *The Blissful Toddler Expert* is the essential handbook for all parents with toddlers.

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A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham ' s approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don ' t need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you ' re tired of power struggles, tantrums, and searching for the right “ consequence, ” look no further. You ' re about to discover the practical tools you need to transform your parenting in a positive, proven way.

This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking. By means of three easy-to-follow steps, parents learn to manage troublesome behavior, encourage good behavior, and strengthen the parent-child relationship—avoiding the "Talk-Persuade-Argue-Yell-Hit" syndrome which frustrates so many parents. Ten strategies for building a child ' s self-esteem and the six types of testing and manipulation a parent can expect from the child are discussed, as well as tips on how to prevent homework arguments, make mealtimes more enjoyable, conduct effective family meetings, and encourage children to start doing their household chores. New advice about kids and technology and new illustrations bring this essential parenting companion completely up-to-date.

There are few life experiences more joyful than becoming a parent, but caring for a newborn can be daunting, particularly when you're not sure whose advice to follow or what your baby really needs. In *The Blissful Baby* Expert, Lisa Clegg draws on her own experience of motherhood and her professional life as a nanny and maternity nurse to share her essential, trusted advice. Gentle, reassuring and practical, her book guides you every step of the way from birth to two years. It includes: - Equipment – what is essential and what is helpful - Coming home – how to cope and bond in the early days - Sleep – flexible plans to help your baby settle and sleep - Feeding – guilt-free breast- and bottlefeeding - Weaning – when to start and how to do it - Q&As – common worries and what to do - Development – what to expect and advice on toys Every baby is different and this is why Lisa's book isn't a restrictive one-size-fits-all plan. Instead, she gives you the knowledge you need to trust your own instincts, build your confidence and learn to recognise what is best for your baby. With this knowledge, you'll enjoy calm, happy parenting and a blissful, settled baby.

The prospect of bringing a new baby home when you already have a toddler can be extremely daunting. Life with a newborn baby is tiring and challenging enough but with a demanding elder brother or sister to deal with too, how do you cope? Written in the same reassuring, accessible style as her bestselling *The Contented Little Baby Book*, *The Contented Baby with Toddler Book* is full of practical tips and sanguine advice that will calm and reassure all panicked parents. A major feature of the book is the adaptable routines, specifically designed to help you structure your day and meet all the needs of your toddler and your new baby... and still have time for lots of cuddles. By using Gina's easy-to-follow methods not only will you have a contented baby who feeds regularly and sleeps through the night from an

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early age, but also a happy, involved toddler who remains calm and co-operative during this unsettled time.

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