



Book of Toddler Tantrums: How to Tame Your Child's Temper (National Childbirth Trust Guides)

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The toddler years are very much a dry run for adolescence. Here the child has to face separating from Mum, and learning to do things alone when independence is both exciting and scary - while a teenager is facing the prospect of leaving home. This is a time when emotions run high and a child's social skills haven't developed far. A toddler will be impelled to push the boundaries to test the unconditional love of his parents and see if there are limits to his power, and to learn that the world still goes on. The book covers trouble hotspots and how to avoid them: such as dressing, food fads, tiredness, hunger etc. It gives guidance on how to avoid setting inconsistent limits and how to respect the child's need to feel in control, as well as managing the difficult behaviour and standing firm, time out and reassurance afterwards.

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