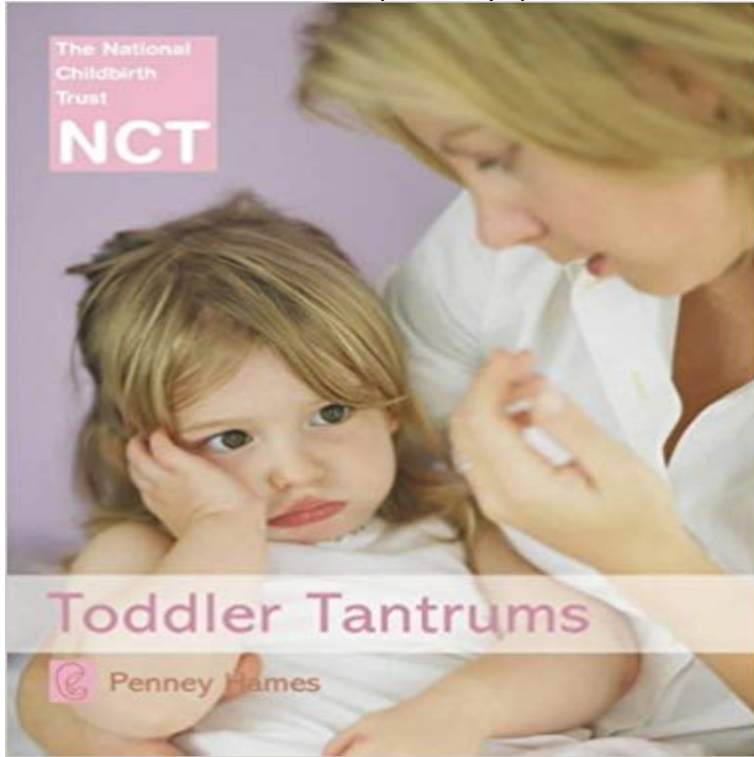


# Toddler Tantrums (NCT) (National Childbirth Trust Guides)



Toddler Tantrums is a useful guide to tried-and-tested methods parents use to deal with toddler tantrums. Child psychologist Penney Hames explains why children's emotions run strong at this age with their need to test limits, and she helps you decide what solutions will work best for you and your child. Emotions often run high during the toddler years, for this is a time when children start to learn how to do things alone and without their parents. This is both exciting and scary, and can be testing for both parents and children, particularly as toddlers are only beginning to develop their social skills. Toddlers are impelled to push the boundaries to test the unconditional love of their parents and to see if there are limits to their power. The book covers: Trouble hotspots and how to avoid them, such as dressing, food fads, tiredness, hunger, etc. How to avoid setting inconsistent limits How to respect the child's need to feel in control Managing behaviour Standing firm, taking time out and giving reassurance after a tantrum.

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