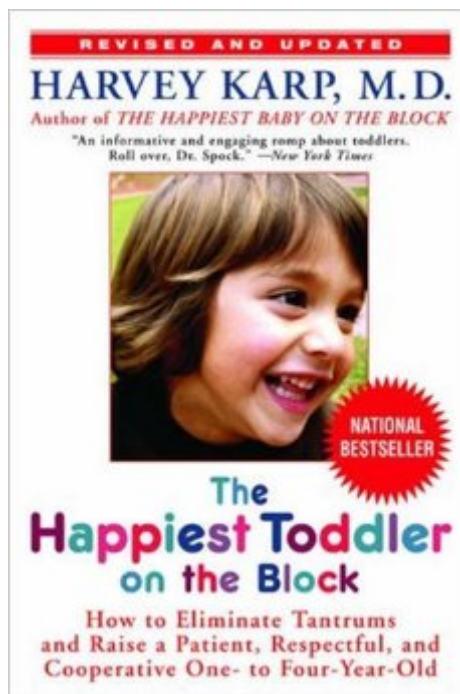


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# The Happiest Toddler On The Block: How To Eliminate Tantrums And Raise A Patient, Respectful, And Cooperative One- To Four-Year-Old: Revised Edition



## Synopsis

Perfect for expecting parents who want to prepare themselves for the challenging toddler years (which starts around eight months of age), this essential guide, a national bestseller by respected pediatrician and child development expert Dr. Harvey Karp, not only helps reduce tantrums but makes happy kids even happier by boosting patience, cooperation, and self-confidence. This streamlined revision of the breakthrough bestseller by renowned child-development expert Dr. Harvey Karp will do even more to help busy parents survive the "terrible twos" and beyond.... In one of the most revolutionary advances in parenting of the past twenty-five years, Dr. Karp revealed that toddlers often act like uncivilized little cavemen, with a primitive way of thinking and communicating that is all their own. In this revised edition of his parenting classic, Dr. Karp has made his innovative approach easier to learn and put into action than ever before. Combining his trademark tools of Toddler-ese and the Fast-Food Rule with a highly effective new green light/yellow light/red light method for molding toddler behavior, Dr. Karp provides fast solutions for today's busy and stressed parents. As you discover ways to boost your child's good (green light) behavior, curb his annoying (yellow light) behavior, and immediately stop his unacceptable (red light) behavior you will learn how to soothe his stormy outbursts with amazing success and better yet, prevent these outbursts before they begin! And the new thirty-item glossary of Dr. Karp's parenting techniques will save you valuable time when you need to instantly calm an out-of-control child. The result: fewer tantrums, less yelling, and more happy, loving time for you and your child.

## Book Information

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## Customer Reviews

Dr. Karp's "Happiest Baby on the Block" book got me through the newborn phase, so this was the first toddler book I went to. It was a very interesting read. His basic premise is that toddlers are little cavepeople: the right side of their brain, which deals with language and logic, is not very developed, while the left side, which is very emotional, calls most of the shots. He talks a lot about how parents have to be an ambassador: keep relations happy, while putting their foot down when it really matters. He divides toddler behavior into three categories: "green light" behaviors, which are positive and should be encouraged; "yellow light" behaviors, which are the annoying but not completely unacceptable things toddlers do (whining, for example); and "red light" behaviors which are unacceptable because they are either dangerous or they disobey a key family rule. He gives a great deal of advice on how to deal with each of these three types. I thought that this was a very honest book about parenting a toddler, despite the fact that some of the things that he said were rather jarring. Some of his advice is very much in opposite to other books, and what I think most parents think is the "right" way to parent. For example, he really emphasizes making compromises, and in at least one example encourages some white lies. Not exactly the type of advice I expect from a parenting book. But this also made it more realistic than other suggestions I've read about raising a toddler. Toddlers don't have the logic skills of an adult, and realistically you have to pick your battles. The most interesting part of the book to me, and the main reason I think that this book is worth reading, is about talking at your toddler's level when he or she is upset.

The basic gist of the book is that in order to get through to our toddlers' still-developing "cave kid" brains, we need to, first, mirror what they are saying so that they know their feelings and communications have been heard and are acknowledged, and, second, use a particular way of talking that relies on short, repetitive phrases. Sounds simple in a way, but the truth is that this is not a very intuitive way to communicate -- particularly when you're dealing with a child who is very upset. The author points out that our typical response to an upset child is to talk quietly, trying to dissuade or distract the child from the situation -- and that's definitely true as far as my usual strategy . . . until I read this book. I first put the book's technique into action actually when I was still just halfway through the book. My 2 1/2 year old daughter woke up in hysterics at about 2 AM. When I went to her room half-dazed and desperate to calm her, I just reflexively resorted to the technique because I'd been reading about it the prior evening. I started mirroring her emotions with words such as, "You're crying! You say, Mommy hold me! You say, Mommy I'm scared!" As per the book's instructions, I also tried to capture at least some of my daughter's distraught emotional state in my tone of voice and with my gestures. I kept repeating the technique as she progressed through

a few demands over the course of 5 - 10 minutes. But, the point is that the situation ended in JUST 5 or 10 minutes (not an hour or more as it has sometimes been in the past). I also remember clearly at one point, as I was mirroring my daughter's woes, she looked me in the eye and said, "Yeah!" She knew that she was being heard! For me, that moment showed me the validity of this technique.

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