

Calm Down Time Toddler Tools

As parents and teachers know, yelling comes naturally to children. This friendly, encouraging book, geared to preschool and primary children, introduces and reinforces where and when to use an “indoor voice” or an “outdoor voice.” In classic Best Behavior style the author tells young readers, “Your voice is a powerful tool. How you use it is places for an indoor voice, the ways people ask us to quiet our voices, and times when yelling might occur. “What happens if you’re mad or frustrated or really, really excited? Your voice gets louder and LOUDER.” But yelling hurts people’s ears and feelings. Children learn that they can quiet their voice and use their words to talk about a pr well!” Includes a special section for parents and caregivers with activities and discussion starters. The Best Behavior series uses simple words and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby-preschool, and a longer, m teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Ease little ones into the get-ready-for-bed routine with this warm and cozy bedtime book. Aided by Mom and Dad, a sister and brother enjoy a little snack, relaxing baths, time for brushing teeth, stories, lullabies, back rubs, and hugs. Cheerful, soft illustrations and reassuring text set a tone that helps toddlers feel good about settling down when I’m sleeping.”) In the morning, the children will yawn, stretch, and be a little bit bigger, a little bit stronger, and a little bit smarter—all because of a good night’s sleep. Includes tips for parents and caregivers.

“Crunch crunch crunch. Teeth are strong and sharp. Crunch crunch crunch. Teeth can help you chew. But teeth are not for biting. Ouch! Biting hurts.” Sooner or later, almost all young children will bite someone—a friend, a parent, a sibling. This upbeat, colorful, virtually indestructible book helps prevent biting and teaches positive alternativ

Not for Hitting Board Book, Teeth Are Not for Biting gives reasons why children might want to bite. Little mouths feel sore when new teeth come in: sometimes kids bite when they’re hungry, tired, cranky, frustrated, angry, bored, distressed, or seeking attention. Author Elizabeth Verdick suggests positive things children can do instead of tell a grown-up. This book also includes helpful tips for parents and caregivers.

This text is designed for advanced Curriculum, Methods, and Issues courses in Early Childhood Education and Child and Family Studies departments. As the only text of its kind, this book provides in-depth information about Vygotsky’s theories, neo-Vygotskians’ findings, and concrete explanations and strategies that instruct teachers how t changes to this edition include a new chapter on dynamic assessment, separate and expanded chapters on developmental accomplishments of infants and toddlers, preschool/kindergarten, and primary grades and o.

Try-Again Time

Manners Time

Calm-down Time/ Momento Para Calmarse

A board book about movement

Naptime

Bedtime

Babies snuggle up to blankets, stuffed animals, pets, and people, depicting the many loving connections that can come from touch.

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.

Sometimes it’s fun to share, and sometimes it’s hard. This book offers toddlers simple choices (take turns, use the toy together, wait for another time) to make sharing easier, and shows them where to turn for help when sharing is difficult. Little ones learn that sharing can mean double the fun—and sharing a while can make someone smile! Includes tips for parents and caregivers.

OUR DEAR YOUNG MEN AND YOUNG WOMEN, we have great confidence in you. You are beloved sons and daughters of God and He is mindful of you. You have come to earth at a time of great opportunities and also of great challenges. The standards in this booklet will help you with the important choices you are making now and will yet make in the future. We promise that as you keep the covenants you have made and these standards, you will be blessed with the companionship of the Holy Ghost, your faith and testimony will grow stronger, and you will enjoy increasing happiness.

A Calm-Down Book for Kids

A Story about Yoga and Feeling Focused

Worries Are Not Forever / Las preocupaciones no duran para siempre

When Sophie Thinks She Can’t...

On-the-go Time

How Imperfect Parents Can Find Calm and Connection with Their Kids

Shows toddlers that running errands doesn’t have to be stressful for anyone if they listen, follow along and even lend a helping hand, whether it be in the car, at the store or on the road.

Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down.

"Look at those feet! Aren’t they sweet?" Yes—when they’re walking, standing, leaping and landing. And when they’re kicking balls or leaves. But not when they’re kicking people! In simple words and charming full-color illustrations, this book helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.

Calm-Down TimeFree Spirit Publishing

Clean-Up Time

Calm-Down Time

Jared’s Cool-Out Space

The Very Hungry Caterpillar

Sharing Time

A Little Calm SPOT

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.

With the newest paperback addition to the Best Behavior® series, children develop strategies to make waiting less frustrating and learn that patience is a virtue. Children are often waiting—for the school bus, their turn on the slide, or their birthday—and waiting can be frustrating! But learning to be patient and developing self-control will equip children with tools for success in school and in social settings. With vivid illustrations and simple strategies, this reassuring book helps children learn to delay gratification and make waiting more fun without relying on electronics. With her trademark mix of empathy and encouragement, author Elizabeth Verdick provides activities and ideas for children—like observing the world around them, inventing new games, and anticipating what’s to come—that can be adapted for any situation. In this addition to the best-selling Best Behavior series, children will learn how to avoid boredom and replace whining words with waiting words: “This will be worth the wait!” A section for adults includes tips and activities to foster patience in children. Best Behavior® Series The Best Behavior® series uses simple words and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby to preschool, and a longer, more in-depth paperback for ages four to seven. Bilingual board books and paperback editions are available for select titles. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Looking for more connection with your kids—and more fun, too? Welcome to the Bounceback Parenting League! This insightful and empowering book is more than just another parenting guide. It’s a playbook filled with simple yet powerful “secret missions” for parents who want to recharge, refresh and restart in a positive new way. Filled with simple challenges, journal prompts with room to write, and inspiring advice to try today, this is a game-changing resource for overwhelmedmoms and dads everywhere. Get ready for your first mission....

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The Montessori Toddler

Listening Time

Peaceful Parent, Happy Kids

Stress Can Really Get on Your Nerves

Bounceback Parenting

Bye-Bye Time

An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Being dropped off at childcare or cared for by a baby-sitter means saying good-bye to Mom or Dad—and for many toddlers, bye-bye is a big deal. This gentle book helps ease the transition with simple rituals: hugs and kisses, a big wave, a deep breath, and the confidence to seek comfort with the new caregiver or other children. Toddlers learn that good-bye isn’t forever, it’s just for a while. Part of the Toddler Tools series, Bye-Bye Time can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

“Put away the giggles. Put away the giggles. Listening works better when your body’s calm and still.” When it’s time for young children to listen closely, this book sets the tone. They discover that it’s important to open their eyes and ears but to close their mouths (“zip it, lock it, put it in your pocket”) so good listening can begin. An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Part of the Toddler Tools series, Listening Time can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

Self-Care for Kids A kid-friendly introduction to self-soothing and mindfulness with adorable animal friends. A child’s “very first step” into mindfulness where the story’s short rhymes can be used as soothing mantras, paired with delightful illustrations of baby animals working through anxious situations. This book does double duty as a self-help story providing great comfort beyond the pages.

An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Toddlers will look forward to clean-up time with this simple rhyming book that encourages them to chant along as they tidy up. Young children learn to work together to put items in their place, make a neater space, keep a smile on their face—and make room for more fun. Delightful illustrations enhance the text. Part of the Toddler Tools series, Clean-Up Time can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

Mealtime

Celebrate! ADHD

A Field Guide for Creating Connection, Not Perfection

Feet Are Not for Kicking

A Parent’s Guide to Raising a Curious and Responsible Human Being

And Other Fairy Tale Meditations for Princesses and Superheroes

"This bilingual (English/Spanish) board book helps toddlers learn to manage temper tantrums. Offers toddlers simple tools to release strong feelings, express them, and calm themselves down. Includes tips for parents and caregivers"--

New English-Spanish bilingual edition gives young children strategies to ease anxieties and worries and feel better again. Everyone feels worried or anxious at times, and young children are no exception. Friendly and supportive, this bilingual English-Spanish book explains what worries are and how it feels to be worried, assuring children that lots of kids—and grown-ups too—feel worried. Children learn that there are many ways to help their worries go away: “Guess what? You are bigger than your worries. You can learn to make your worries smaller and smaller and smaller.” Talking about worries, moving around, keeping hands busy, breathing deeply, getting a big hug, and thinking good thoughts are all ways for children to cope with worries.

A special section for adults in both languages offers activities and discussion starters for home, school, and child care. Best Behavior® Bilingual Series The Best Behavior® bilingual series uses simple words in English and Spanish and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby to preschool and a longer, more in-depth paperback for ages four to seven. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

"This is a must-read for every family that yearns to create peace and harmony." --Shefali Tsabary, Ph.D., New York Times bestselling author of The Conscious Parent Tired of yelling and nagging? True family connection is possible--and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

Naps are just a little break—but when it’s naptime, many toddlers have trouble settling into sleep. This calming, encouraging book helps young children quiet down so they can get the rest they need. Eyes are closed, lights are dimmed...and (yawn, s-t-r-e-t-c-h) before little ones know it, it’s time to wake up. Cozy illustrations enhance the text. An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Part of the Toddler Tools series, Naptime can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

How to Stop Yelling and Start Connecting

Tools of the Mind

The Vygotskian Approach to Early Childhood Education

No More Tantrums

Breathe Deep, Little Sheep

How to Spot and Survive the Hidden Manipulation Others Use to Control Your Life

Babies have tantrums, and do not like being told NO, but part of growing up is learning to ask nicely, and accept restrictions--that is what big kids do.

As parents, we want to shape our children into emotionally mature and healthy human beings. But we cannot effectively shape our children's emotional well-being until we've addressed our own traumas and emotional needs. In It Starts with You, marriage and family therapist and parent coach Nicole Schwarz offers a nonjudgmental, shame-free guide to parenting children with a calm confidence. Working from a place of grace and compassion, she encourages us to explore how our history, thoughts, and assumptions impact our parenting decisions. Moving away from traditional discipline strategies, Schwarz focuses on the importance of having a calm brain, connected relationships, respectful conversations, and a coaching mindset with our kids. It Starts with You lays out a five-step process you can turn to whenever you're stuck in a difficult parenting situation. Each step is grounded in research and presented in a way that is easy to understand. Rather than adding unnecessary pressure, we learn that kids do not need perfect parents, but parents who are willing to learn, grow, and move forward with them in a positive direction.

Having a tanty Chucking your toys out of the cot Throwing a wobbly These are just some of the phrases we use to describe having a tantrum. While it is easy to make fun of such an event, it represents emotional turmoil, or a feelings storm, happening within. This book describes feelings that

create these storms and offers children a range of well researched techniques to help calm the storm inside them such as: breathing activities, physical activities, sensory play, imaginative or creative thinking, positive self talk and mindfulness.

Manners start with a smile—then you add the words. There are polite words to use when you greet someone, ask for something, or (oops!) make a mistake. There’s even a nice way to say no. This book gives toddlers a head start on manners, setting the stage for social skills that will last a lifetime. Includes tips for parents and caregivers.

Voices Are Not for Yelling

Move

An Essential Guide

My Calm Me Down Book

Positive Parenting

Teeth Are Not for Biting

Young children learn that they get lots of chances to try again every day.

Revised classic provides a humorous take on a nerve-wracking topic—STRESS!—updated to include modern stressors such as technology and social media. Stress can make you feel anxious, awful, and afraid. It can leave you jumpy and jittery, upset and uptight. When kids show signs of stress, they need stress management tools that work. With jokes, fun illustrations, and plenty of authentic examples, this book helps kids understand what stress is—and gives tons of tips to cope. Refreshed to address modern stressors like electronic devices and social media, this updated classic helps kids deal with stress like a seasoned panic mechanic. The Free Spirit Laugh & Learn® Series Realistic topics, practical advice, silly jokes, fun illustrations, and a kid-centric point of view all add up to one of the most popular series young people turn to for help with school, families, siblings, and more. Kids ages 8-13 can tote these pocket-size guides anywhere and learn to slash stress, give cliques and rude people the boot, get organized, behave becomingly, and, in general, hugely boost their coping skills.

A study of the "gaslight effect" discusses this form of manipulation that consistently puts the other person in the wrong and reveals what can be done to overcome this behavior and determine if an unhealthy relationship can be salvaged.

The all-time classic picture book, from generation to generation, sold somewhere in the world every 30 seconds! Have you shared it with a child or grandchild in your life? For the first time, Eric Carle’s The Very Hungry Caterpillar is now available in e-book format, perfect for storytime anywhere. As an added bonus, it includes read-aloud audio of Eric Carle reading his classic story. This fine audio production pairs perfectly with the classic story, and it makes for a fantastic new way to encounter this famous, famished caterpillar.

Waiting Is Not Forever

The Gaslight Effect

It Starts with You

ABC of Feelings

Relax Kids

Little Monkey Calms Down

Mealtime—“Yummy-in-the-tummy time”—is an opportunity to teach young children two major life skills: nutrition and table manners. Simple but important mealtime routines come to life as the toddlers in this book remember to wash their hands, use a napkin and fork or spoon, stay at the table, and eat healthy foods. Toddlers also learn the one big rule for mealtime: Always try one bite (“You just might like it!”). Parents and caregivers want toddlers to develop healthy eating habits and positive mealtime routines. This book helps them do so with Verdick’s keen ability to speak directly to little ones and Heinlen’s delightful, appealing illustrations. Includes tips for parents and caregivers. Part of the award-winning Toddler Tools series.

Announcing that rare parenting book that will not only help you become a more effective parent but actually change how you see your children. Written by Montessori educator Simone Davies, this book shows you how to bring the educational values of a Montessori classroom into your home—while turning the whole idea of the “terrible twos” on its head. Here is how to set up Montessori-friendly spaces in your home. Principles for fostering curiosity in your child—and in yourself. Specific Montessori skills—the winter coat flip; getting your toddler to pour his or her own water and clean up whatever spills might occur. And it goes much deeper, showing how a parent can really be present, be the child’s guide, and handle tantrums and problematic behavior without resorting to bribes, threats, or punishment and truly celebrate every stage. It’s also that rare parenting book that’s beautiful to look at, with a bright, airy design and simple color illustrations and photographs.

Introduces children to meditation and relaxation through narratives identifying with the protagonist in fifty-two fairy tale stories and nursery rhymes.

Three-time Caldecott Honor illustrator Molly Bang helps children solve problems by showing a different -- and highly effective -- approach: "I can't do it" becomes "I can't do it... yet." When Sophie can't solve a math puzzle, she feels upset and inadequate. "I CAN'T DO IT!" she shouts, expressing the frustration all of us feel when we try and fail. Will she ever be "smart" like her sister? Maybe she isn't smart at all.Luckily Sophie's teacher steps in. What does it mean to be smart? Using current, popular "mindset" techniques, Sophie's class is taught that we get smarter when we exercise our brains, such as when we work harder at solving a puzzle. Struggling to solve a problem doesn't mean "I can't do it!" Sophie and her classmates just can't do it... yet! Readers will cheer when Sophie finally prevails, and at the end of the day, she's confident and optimistic. At home, Sophie uses her new technique to help her dad solve a carpentry puzzle.In this third book about Sophie, Molly Bang again helps children deal with a challenging everyday issue, providing an opening to ask: What do you do when you think, "I can't!"?

For the Strength of Youth

Calm-down Time

Cuddle

Babies push up, scoot, climb stairs, and bounce, depicting the many ways they can move.

Every parent, caregiver--and young child--knows the misery that comes with meltdowns and toddlers' temper tantrums. Through rhythmic text in both English and Spanish and warm illustrations, this gentle, reassuring book offers toddlers simple tools to release strong feelings, express them, and calm themselves down. After a break, toddlers will feel like new--and adults will, too.