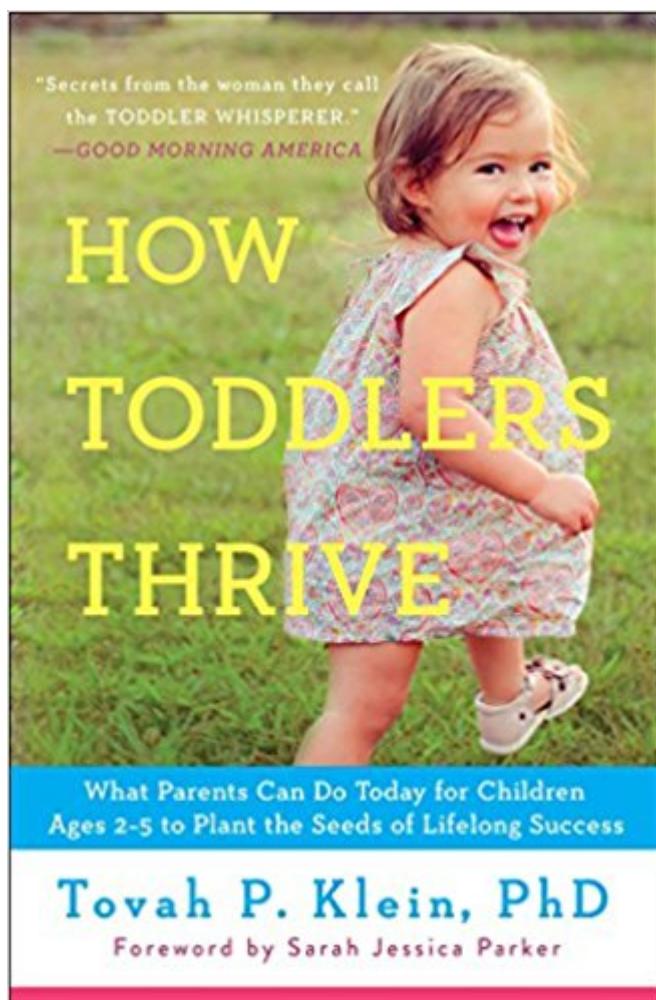


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# How Toddlers Thrive: What Parents Can Do Today For Children Ages 2-5 To Plant The Seeds Of Lifelong Success



## Synopsis

Dr. Tovah Klein, called "the toddler whisperer" on Good Morning America, has penned a parenting milestone (Dr. Harvey Rotbart, *No Regrets Parenting*) with *How Toddlers Thrive*, which shows parents of children ages two to five how to harness the singular power of the toddler mind during what might be the most crucial time of a child's brain development, to plant the seeds of lifelong success. Why do some children thrive, and others struggle? The answers may surprise you. New research indicates that the seeds for adult success are actually planted in the toddler years. Dr. Tovah Klein's research and firsthand work with thousands of toddlers explains why the toddler brain is best suited to laying the foundation for success. Dr. Klein reveals the new science behind drivers such as resilience, self-reliance, self-regulation, and empathy that are more critical to success than simple intelligence. She explains what you can do today to instill these key qualities in your toddler during this crucial time, so they are on track and ready to learn when they enter school at age five. *How Toddlers Thrive* explains why the toddler years are different than any other period during childhood. She shows what is happening in children's brains and bodies at this age that makes their behavior so turbulent, and why your reaction to their behavior "the way you speak to, speak about, and act toward your toddler" holds the key to a successful tomorrow and a happier today. This provocative book will inspire you to be a better parent, and give you the tools to help you nurture your child's full potential. A smart and useful guide, this book cracks the preschooler code, revealing what you can do to help your toddler grow into a fulfilled child and adult "while helping you and your toddler live more happily together now, and every day.

## Book Information

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## Customer Reviews

"Tovah taught me how to resist the temptation to fix everything, and instead give my children the opportunity to learn how to problem-solve for themselves." (Sarah Jessica Parker)"Rarely does someone with so much knowledge write in a way that is so accessible and heartwarming. What Tovah has created will help every parent stand on their own loving ground, assured that they are creating the foundations for their child to grow into an adult who will have a deep sense of purpose and the will to effect much-needed change." (Kim John Payne, author of Simplicity Parenting, Beyond Winning and The Soul of Discipline)"Dr. Klein has provided a critical resource for parents -- she combines state-of-the-science research with examples of and practical guidelines for everyday toddler-parent interactions. Most importantly, Dr. Klein appreciates that every toddler and parent is unique and therefore, there is no single parenting 'recipe.'" (Nim Tottenham, Ph.D., developmental neuroscientist at UCLA)"How Toddlers Thrive shares Tovah Kleinâ™s truly unique perspectiveâ'a thorough knowledge of child development research and practical experience working effectively with hundreds of toddlers and their families. She illuminates how the world looks and feels to toddlers and shares practical advice, such as helping toddlers learn the life skill of taking on challenges. It is the wisdom we need to thrive as parents!" (Ellen Galinsky, author of Mind in the Making and president of the Families and Work Institute)âœIn this wonderful book, Tovah Klein draws on her deep understanding of toddlers and their development to offer a treasure-trove of wise and practical advice. Placing a special emphasis on seeing the world through toddlers' eyes, Klein shows how we can help them meet life's challenges with confidence and enthusiasm. How Toddlers Thrive will be cherished by parents and professionals alike.â• (William Crain, author of Reclaiming Childhood: Letting Children Be Children in Our Achievement-Oriented Society)"Dr. Klein's wonderful book is a parenting milestone, unraveling the mysteries of your toddler while helping you create a clear path for his or her future happiness and success." (Harley A. Rotbart, M.D., author of No Regrets Parenting: Turning Long Days and Short Years into Cherished Memories with Your Kids)"Tovah Kleinâ™s book is as much about parenting as it is about toddlers. Like a wise and practiced friend, she introduces us to the world of toddlers, helping us understand the wonder, worry, and bewilderment toddlers experience and the challenges and joys of parenting them. The book is filled with fabulous advice, informative anecdotes, and a point of view that teaches you to trust yourself no matter how demanding your little ones may seem to be." (Samuel J. Meisels, Executive Director of the Buffett Early Childhood Institute at the University of Nebraska)âœIf only there was one

single, sensible, sympathetic book that answered all your toddler questions. Well there is. And you're holding it: An easy-to-read source that explains what toddlers do, why they do it, and whether you have to jump in or not. The good news is: Often the answer is "not." (Lenore Skenazy, founder of the book and the blog Free-Range Kids) "There are a lot of parenting books out there, but this one is unique" "it's told from the point of view of the child! Dr. Klein's firsthand experiences with young children provides parents an understanding of child development within the context of family dynamics. She doesn't judge parents, instead she empowers them with knowledge about the whys behind their children's behaviors." (Rosemarie T. Truglio, PhD, SVP of Curriculum and Content for Sesame Workshop) "Child psychologist Klein, director of the Barnard Center for Toddler Development, has a keen understanding of what makes toddlers tick. . . . Parents of the 2-5 set will find plenty of practical ideas and strategies to make the preschool years less stressful, creating what Klein describes as a relaxed and loving "toddleropia." (Publishers Weekly)

A thought-leader in the area of guiding parents and children through the tumultuous early years when the foundation for self-esteem, identity, and self-confidence is laid, Tovah P. Klein, PhD, is a child development psychologist and researcher and the Director of the Barnard College Center for Toddler Development in Manhattan. She has appeared on CNN, ABC, CBS, NBC, CNBC, and FOX Business, in The New York Times, The Wall Street Journal, The Washington Post, Parents, Slate.com, Huffington Post, Psychology Today, and countless other publications as their go-to toddler expert. In addition, Dr. Klein was a developmental advisor for Sesame Street, and is on the advisory boards for Room to Grow, Rwanda Educational Assistance Project, Per Dev, Ubuntu Education Fund, and LearnNow.org. She consults nationally and internationally to programs for young children and parents. She is the mother of three boys and lives with her family in New York City. Visit her at [HowToddlersThrive.com](http://HowToddlersThrive.com).

Lets be honest, no matter how fantastic your kid is, the toddler years can be a challenge. So this book is worth it if only for Chapter 6 which deals with tantrums and toddlers' favorite word: NO! This was a fairly easy read and I have recommended this book to my friends.

Excellent book on toddlers...as a Grandmother who frequently has my two year old, for several days at a time, this book has proven to be very helpful!

This book does several things well. Unlike many child-rearing books, this book asks you to reflect

on your own experiences and expectations. That helps you clear your mind and focus on what your child is really experiencing and doing, rather than on what you experienced and thus are projecting onto your child (ie, is he really holding back because he's shy/scared of other children, or is he observing until he understands the situation and would have joined in naturally when he was comfortable). The book gives you the child's motivation, perspective, and process - it's why they do what they do! Recommended reading if you would like to better understand your child/children.

Dr. Klein offers insight and assistance with a sense of humor and practicality. We found this book invaluable, and have been working to make it one of the fundamental components of our parenting approach. She has a knack for unpacking the problem (getting out the door in the morning is a disaster) and translating into toddler-ish (separation anxiety).

I stumbled across this book at the library and have become downright evangelical. Required reading for the grandparents and I'm sure all of my parenting groups want me to shut up about the totally enlightening nature of this book. It's a must-read if you have or care-for children five and under.

Honestly the best parenting book I've ever read.

Sound, practical advice from someone who has known hundreds of toddlers. I bought this as a sort of refresher to deal with my grandchild, and it didn't disappoint. Want to know why you can't stop a meltdown? You can find out here.

Love the book. Would get 5 stars but some points were too repetitive. Highly recommend to any parent of a toddler.

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