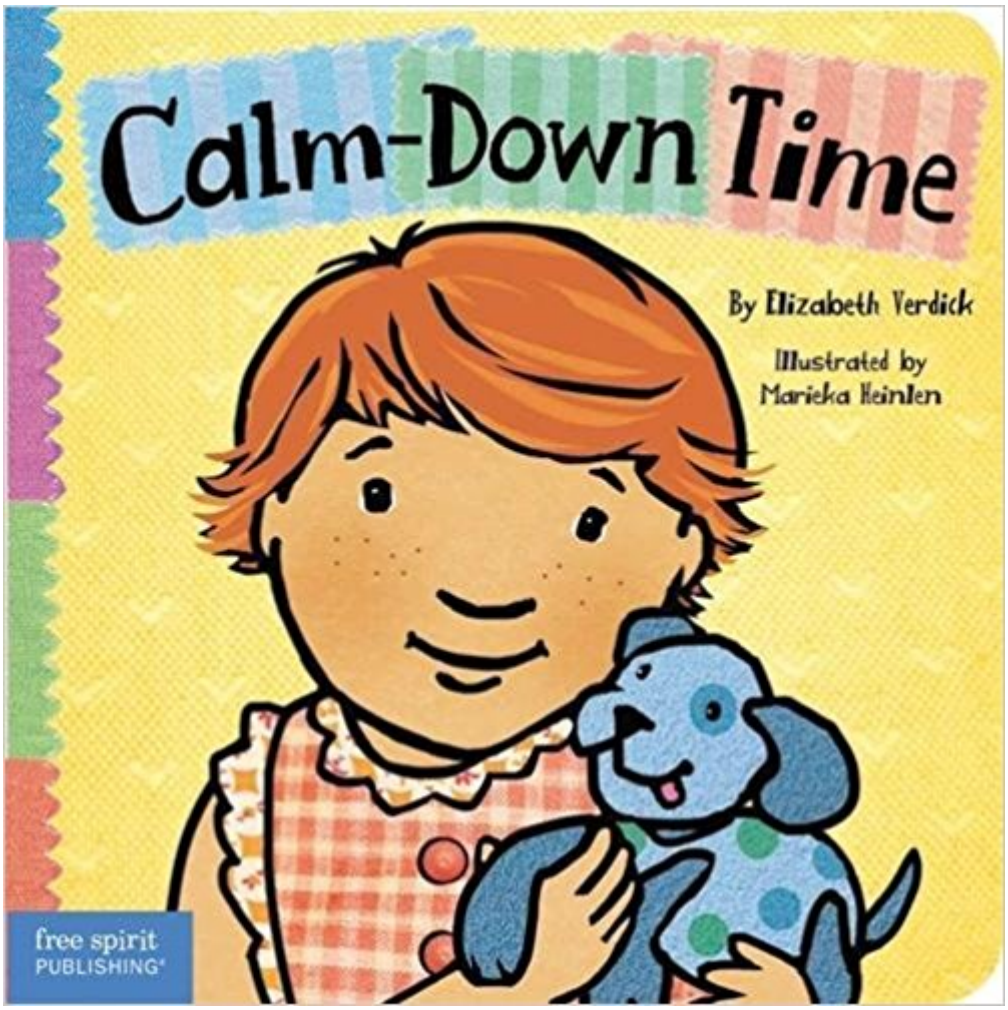
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Calm-Down Time (Toddler Tools)



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Synopsis

Every parent, caregiverÃ¢â ¬â •and toddlerÃ¢â ¬â •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 placeÃ¢â ¬â •a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-upÃ¢â ¬â„¢s arms, talk about feelings, and breathe: Ã¢â ¬Å“One, two, three . . . IÃ¢â ¬â„¢m calm as can be. IÃ¢â ¬â„¢m taking care of me.Ã¢â ¬Â• After a break, toddlers will feel like newÃ¢â ¬â •and adults will, too. Books include tips for parents and caregivers.

Book Information

Age Range: 1 - 3 years

Series: Toddler Tools

Board book: 24 pages

Publisher: Free Spirit Publishing; Board Book edition (May 1, 2010)

Language: English

ISBN-10: 1575423162

ISBN-13: 978-1575423166

Product Dimensions: 7 x 0.6 x 7 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 195 customer reviews

Best Sellers Rank: #3,517 in Books (See Top 100 in Books) #62 inÃ Â Books > Children’s Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Customer Reviews

Ã¢â ¬Å“Highly useful titles for preschool collections.Ã¢â ¬Â•Ã¢â ¬â •School Library Journal2011 Preferred Choice Award Winner Ã¢â ¬â • Creative Child Magazine

Unique book gives toddlers support in coping with meltdowns

Fantastic book. The diversity and background colors are amazing and the storyline is amazing. It is a short story that helps kids understand how helpful calming down can be. We also have Elizabeth Verdick’s ’Mealtime" book. Both are superb quality board books. We plan to buy more from her line.

Both of my kids love this book! My 1 year old will breathe in and out with me as I read it. I have also taught them both the sign for love cause on 1 of the pages it says I can give my body a squeeze and it looks like the sign for love. I read this to them every night and it is one of their favorites!

I ordered this book with a bunch of the similar ones. She loves this one and it teaches her how to calm down. Even gives little tips for parents in the back. Now when my daughter is upset she'll go to her "calm down place" and calm down. Sometimes she'll even tell me to go there when she thinks I'm mad at her.

This is such a great book! My daughter is now 21 months, and we have had this for a while now. She wants me to read it all the time. Not only does she want me to read it, but she participates in the breathing exercises. This book is a great intro into recognising emotions, self-regulation techniques, and communicating needs to others.

These books are good. Helped us introduce, getting upset and needing to learn to calm down. Not the end all be all, but great for getting the conversation started for little ones.

I have to say I was skeptical of this book. I didn't think it would have much of an impact, but it has. My daughter calls it breathing. She has a short fuse and often doesn't know what to do with her emotions. This book has given her some resources to channel her feelings in a positive direction. I am very pleased. We still need to find a quite place for her, but as of right now...just breathing and counting is amazing. I have tried to teach her this myself, but this book did what I could not. If you have a child with a lot of energy and a short fuse, give this book a try. It will not solve everything, but it will give your child a few tools to handle their feelings. What better gift can you give a child?

These books are the greatest we own several from this collection and I couldn't be more pleased with how well our kids respond to these books!

My son loves these and we have used them for more than just reading. He loves to relate them to real life situations. Very helpful!

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Toddler Diet: Nutrition and Balanced Diet for Toddles(toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1) Calm-Down Time (Toddler Tools) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Toddler's Pirate Book! All About Pirates of the World - Baby & Toddler Color Books Fruit and Veggie Smoothie Recipes: Fight Toddler Constipation, Increase Toddler's Fiber Intake and Help Picky Eaters 201 Organic Baby and Toddler Meals: The Healthiest Toddler and Baby Food Recipes You Can Make! Jo Frost's Confident Toddler Care: The Ultimate Guide to the Toddler Years Toddler Discipline: Effective Guide to Overcoming Toddler Tantrums. Build Positive Parent-child Relations and Reinforce Good Behavior. Busy Toddler, Happy Mom: Over 280 Activities to Engage your Toddler in Small Motor and Gross Motor Activities, Crafts, Language Development and Sensory Play Sharing Time (Toddler Tools) Listening Time (Toddler Tools) On-the-Go Time (Toddler Tools) Bye-Bye Time (Toddler Tools) Clean-Up Time (Toddler Tools) Calm The Fck Down - Pink Linen: 6" x 9", It's Journal Time, Lined Blank Book, Swear Word Journal, Durable Cover, 150 Pages (Diary, Notebook) Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm Rays of Calm: Relaxation for Teenagers (Calm for Kids) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Down, Down, Down: A Journey to the Bottom of the Sea

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