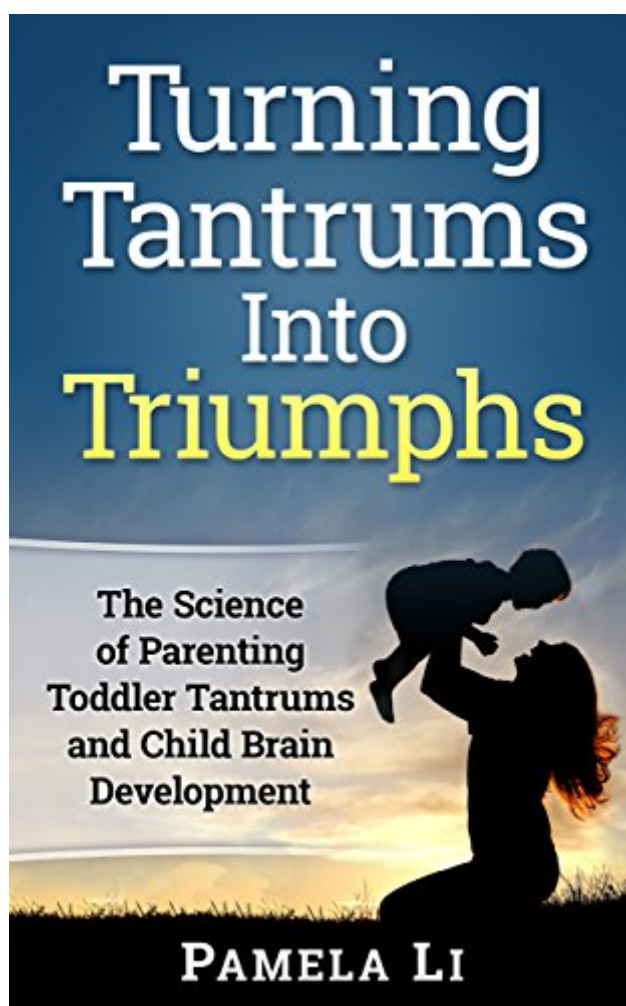


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# Turning Tantrums Into Triumphs: Rookie Parenting Guide To Stopping Toddler Tantrums



## Synopsis

The #1 Best-Seller Discover how today's brain research can help parents stop temper tantrums. By following the step-by-step instructions, parents can make terrible-twos terrific. Give your child the gift of emotional self-control now! "This is one of the best parenting books out there. Li's unique approach to handling toddler tantrums is simple, effective and backed by enormous amount of scientific proof. Her insights revolutionize the way we understand toddler behavior. A must-read for any parents and caregivers of young children." -- Mark Burhenne, DDS, #1 bestselling author of The 8-Hour Sleep Paradox "Li offers a fresh new perspective on tantrums and gives parents the tools to turn terrible-two's into valuable opportunities for a child to grow into a mature and resilient person. I highly recommend it." -- Gerald Puk, PhD, Psychologist "This is a must-read book for parents of young children, or anyone likely to spend time around young children. Ms. Li does an excellent job of summarizing, in clear and accessible language, the extensive literature on the neurobiology and psychology of human emotional development. She gives many practical tips on effective ways to manage these commonly challenging situations" -- Cynthia Kong, LMFT, LPCC, Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor " (This book) is highly informative, very concise, and wildly helpful in gaining further understanding of the mysterious little urchins we call toddlers." -- Axie Barclay, San Francisco Book Review

## Book Information

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## Customer Reviews

I'll never view a toddler's tantrum in the same way after reading this book. As the author says: "There is never a shortage of parenting advice" | What's really important is helping parents obtain the right scientific information to think critically and then make their own decisions. And that's exactly what Pamela Li does; lays out the reasons why children have tantrums, explains what's happening in their brains to cause them, and describes how different reactions will produce different outcomes (and not necessarily the intended result). The natural reaction of many parents to a tantrum is to ignore, punish, or respond with a raised voice and increased agitation. The author explains in simple but scientific terms why these reactions are not effective in the short term or healthy in the longer term. Busy parents will be pleased to know that this is not a long-winded, complicated book to follow, even if it does cover the science behind the topic. One thing that appealed most is how succinct and straightforward the theory and method is laid out. The author doesn't promise instant results but with the knowledge I gained from this book I certainly feel better equipped to handle tantrums in the best way without causing more problems that I resolve. 4.5 out of 5 stars

One of the most trying aspects of being a parent (to date) has been when my daughter throws a temper tantrum. It's been happening more and more frequently. Unfortunately, after working all day " my patience and capacity for understanding is a little lower. I did a little searching on and found Pamela Li's book about tantrums, and I'm glad I downloaded it. The book is great for two reasons. First, the author explains why children throw temper tantrums, and she does it in a way that's easy to understand. I guess I had never really given any thought as to why a child would pitch a fit, but now that I understand, I can look at her tantrums a bit differently. Turns out that my daughter is as frustrated with not being able to communicate as I can be with her tantrums. The second aspect of the book that I really liked is that Li gives readers great advice for dealing with tantrums. Her methods end up being learning experiences for both child and parent. Thanks!! Ok, third thing I really like about this book is that it's a short read. Being a parent herself, Li understands that we don't have a lot of time to read over textbooks regarding the subject. I highly

recommend this book. Thanks for returning my sanity!

We have a darling and I do mean darling grandson but . . . he is a tantrum thrower and I mean the motherload of all tantrum throwers. He can freeze up and drop to the ground anywhere the mood suits him. So naturally when I ran across this book I thought of the struggle my daughter is having. I thought it couldn't hurt and according to her the book is a godsend. Not only is there great tips and behavior modification techniques that include tips for parental behavior modification if you will CRAFT the acronym that will take on whole new meaning in the life of a parent with a tantrum child. But I think what I found most helpful when I read the book was that she validates parenting and your effort as a parent to be a good parent a lot of times emotions and hurt feelings and shame and embarrassment come into to play with parents as their child melts down in a public place. Author Pamela Li basically says raise your head don't be ashamed and your child will grow out of a temper fit. My interpretation not a direct quote by the way. Overall I think this is a book worthy of any young parent and I mean young in terms of experience and coping skills LOL check out the book and watch the results I'm pretty impressed with the change I have seen.

Thank You !!!!! I found this book to be simple, easy to understand yet full of insight. As a single mother of a young child who seems bent on throwing tantrums at every and anything, I could relate to this book. It changed my perspective on my daughter's behavior and helped me to see it from her point of view. I was able to take a step back, look at myself and what I was doing, Her concept of "CRAFT" was also amazing as it provided an easy way for me to remember how to respond in those trying situations. This will definitely be my go-to resource book for a few years to come.

I came upon this book while searching for advice to deal with my toddler's tantrums. I was intrigued by the simple, yet effective approach described in this book. Too often, parents deal with tantrums with the simple goal of ending a conflict. Yet this book reveals that how parents deal with tantrums has long-term effect on a child's development. The ideas are based on a large amount of scientific research, yet put in a simple, easy-to-follow framework with step-by-step advice for frustrated parents. It also helps parents to understand their kids' tantrums by seeing things from the kids' perspective. I find the book to be tremendously helpful in helping me understand my little one and deal with her tantrums in a firm yet loving manner.

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