



# The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old: Revised Edition

By Harvey Karp

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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 By Harvey Karp

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.

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*By Harvey Karp*

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## **Editorial Review**

From Publishers Weekly

California-based pediatrician Karp offers a unique approach to the tantrums, melt-downs and overriding challenges that often accompany the demanding years from one to four. Viewing toddlers as primitive thinkers akin to prehistoric man, Karp divides his patients into developmental groups: the "Charming Chimp-Child" (12 to 18 months), the "Knee-High Neanderthal" (18 to 24 months), the "Clever Cave-Kid" (24 to 36 months) and the "Versatile Villager" (36 to 48 months). Parents may find the toddler years so frustrating, Karp suggests, because they don't speak their child's language. To deal effectively with the undeveloped brains of toddlers, one must understand "Toddler-ese," he says, a method of talking to youngsters that employs short phrases, repetition, a dramatic tone of voice and the use of body language. Although the author admits parents may feel foolish speaking in this manner, he nevertheless maintains that the approach soothes children by respecting their needs. Additionally, Karp offers suggestions for positive discipline (e.g., loss of privileges and time out) and guides parents through early expected milestones, while acknowledging that a child's individual temperament (e.g., easy, cautious, spirited) will uniquely influence the pace of his or her development. While some readers may find the relentless cave-kid metaphors irksome, Karp's gentle, easygoing tone is soothing and offers new hope and strategies to those who may have given up on making sense of the toddler years.

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### Review

"Karp offers a unique approach to the tantrums, melt-downs and overriding challenges that often accompany the demanding years from one to four.... Soothing and offers new hope and strategies to those who may have given up on making sense of the toddler years."—*Publishers Weekly*

"You want help? This is r-e-a-l help! **The Happiest Toddler on the Block** is one of the smartest parenting books of the past decade. Over and over, parents will find themselves proclaiming, "Thanks, Dr. Karp...Now I get it!"—Kyle Pruett, MD, Professor of Child Psychiatry, Yale University School of Medicine and author of *Fatherneed: Why Fathercare is as Essential as Mother Care for Your Child*

"Dr. Karp's approach is terrific...and fun! His book will help parents, grandparents and everyone who cares for toddlers be more effective."—Martin Stein, MD, Professor of Pediatrics, University of California San Diego, Children's Hospital San Diego

"Dr. Karp helps parents turn the "terrible" twos into "terrific" twos. His work will revolutionize the way our culture understands toddlers!"—Roni Cohen Leiderman, PhD, Associate Dean, Mailman Segal Institute for Early Childhood Studies, Nova Southeastern University

"Dr. Karp has done it again! Parents will find reading **The Happiest Toddler on the Block** a joyous adventure...with pearls of wisdom waiting for them on every page."—Morris Green, MD, Director, Behavioral Pediatrics, Indiana University, Riley Hospital for Children, editor, *Pediatric Diagnosis*

"Dr. Karp's excellent approach gives parents the tools they need. His simple methods make raising rambunctious toddlers a whole lot easier."—Steven Shelov, MD, Editor in chief of American Academy of Pediatrics' *Caring for Your Baby and Young Child*

"Dr. Karp's new book is an innovative, unique and thoroughly enjoyable guide to toddler behavior!"  
—Donald Middleton, MD, Professor of Family Medicine, University of Pittsburgh School of Medicine.

"Parents will be delighted by this clever approach to communicating with toddlers. It allows us to see the world from our children's unique point of view."—Janet Serwint, Professor of Pediatrics, Director of the Harriet Lane Children's Clinic, Johns Hopkins School of Medicine

"It really works! With great humor and a gentle touch, Dr. Karp shows how to raise happy, well-behaved toddlers. His book is invaluable.—Gabrielle Redford, Senior Editor, AARP The Magazine (and mother of 17-month-old twins)

*From the Hardcover edition.*

#### From the Inside Flap

Toddlers can drive you bonkers...so adorable and fun one minute...so stubborn and demanding the next! Yet, as unbelievable as it sounds, there is a way to turn the daily stream of "nos" and "don'ts" into "yeses" and hugs...if you know how to speak your toddler's language. In one of the most useful advances in parenting techniques of the past twenty-five years, Dr. Karp reveals that toddlers, with their immature brains and stormy outbursts, should be thought of not as pint-size people but as pintsize...cavemen. Having noticed that the usual techniques often failed to calm crying toddlers, Dr. Karp discovered that the key to effective communication was to speak to them in their own primitive language. When he did, suddenly he was able to soothe their outbursts almost every time! This amazing success led him to the realization that children between the ages of one and four go through four stages of "evolutionary" growth, each linked to the development of the brain, and each echoing a step in prehistoric humankind's journey to civilization: - The "Charming Chimp-Child" (12 to 18 months): Wobbles around on two legs, grabs everything in reach, plays a nonstop game of "monkey see monkey do." - The "Knee-High Neanderthal" (18 to 24 months): Strong-willed, fun-loving, messy, with a vocabulary of about thirty words, the favorites being "no" and "mine." - The "Clever Caveman" (24 to 36 months): Just beginning to learn how to share, make friends, take turns, and use the potty. - The "Versatile Villager" (36 to 48 months): Loves to tell stories, sing songs and dance, while trying hard to behave. To speak to these children, Dr. Karp has developed two extraordinarily effective techniques: 1) The "fastfood" rule -- restating what your child has said to make sure you got it right; 2) The four-step rule -- using gesture, repetition, simplicity, and tone to help your irate Stone-Ager be happy again. Once you've mastered "toddler-ese," you will be ready to apply behavioral techniques specific to each stage of your child's development, such as teaching patience and calm, doing time-outs (and time-ins), praise through "gossiping," and many other strategies. Then all the major challenges of the toddler years -- including separation anxiety, sibling rivalry, toilet training, night fears, sleep problems, picky eating, biting and hitting, medicine taking -- can be handled in a way that will make your toddler feel understood. The result: fewer tantrums, less yelling, and, best of all, more happy, loving time for you and your child.

## Users Review

### From reader reviews:

#### **Sybil Moore:**

Your reading sixth sense will not betray an individual, why because this The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old: Revised Edition book written by well-known writer whose to say well how to make book which can be understand by anyone who also read the book. Written throughout good manner for you, dripping every

ideas and producing skill only for eliminate your own hunger then you still question The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old: Revised Edition as good book but not only by the cover but also by the content. This is one publication that can break don't ascertain book by its deal with, so do you still needing a different sixth sense to pick this!? Oh come on your reading sixth sense already said so why you have to listening to yet another sixth sense.

### **Jimmy Dietz:**

This The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old: Revised Edition is brand new way for you who has attention to look for some information because it relief your hunger of knowledge. Getting deeper you into it getting knowledge more you know or you who still having little bit of digest in reading this The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old: Revised Edition can be the light food for you because the information inside this specific book is easy to get by anyone. These books acquire itself in the form that is certainly reachable by anyone, yes I mean in the e-book web form. People who think that in reserve form make them feel tired even dizzy this book is the answer. So there isn't any in reading a reserve especially this one. You can find what you are looking for. It should be here for a person. So , don't miss this! Just read this e-book variety for your better life and knowledge.

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