



The Calm and Happy Toddler: Gentle Solutions to Tantrums, Night Waking, Potty Training and More

Dr Rebecca Chicot

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Child development expert Dr Rebecca Chicot shares with you the secrets to calm and stress-free toddler parenting. Based on her unique parent-toddler approach, she reveals that by understanding how your toddler thinks and what changes he is going through, you can respond with confidence and stop sweating the small stuff. Whether you need help with tantrums, night waking, potty training or fussy eating, inside you'll find:

- A toddler toolkit to help you cope with every toddler scenario
- A fire-fighting guide to hand-hold you through the classic toddler challenges; No! Now! Mine! Yuk!
- A toddler development map to show you how your toddler is changing, what stage they are at, and how to best to enjoy and encourage their mental, social and emotional development

The Calm and Happy Toddler is the 'how to' and 'why' of toddler parenting: read this book to understand your toddler, get on the same team and thrive together.

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