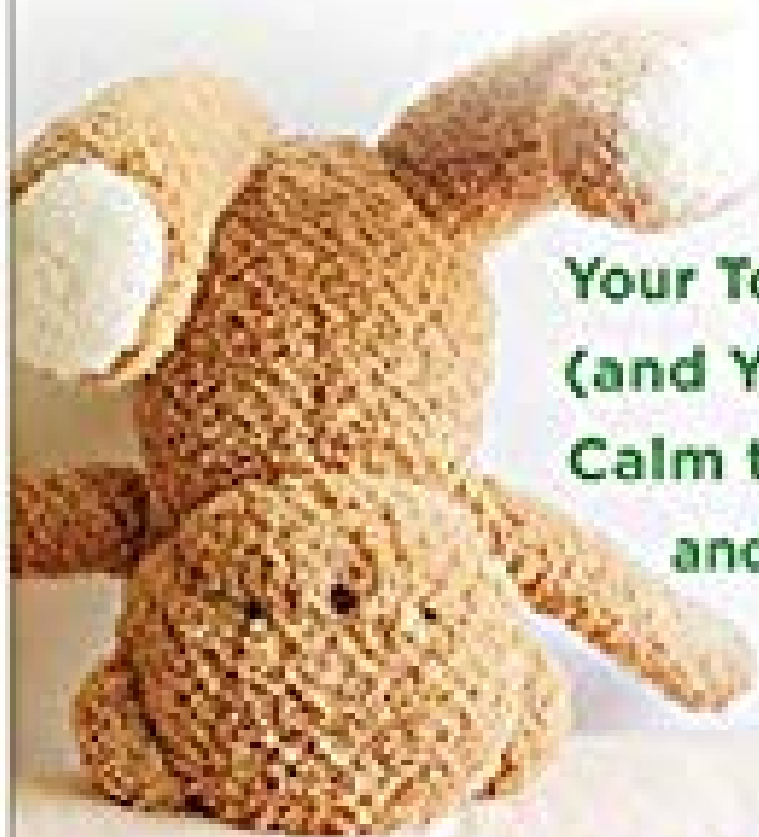


THE TANTRUM SURVIVAL GUIDE



**Tune In to
Your Toddler's Mind
(and Your Own) to
Calm the Craziness
and Make Family
Fun Again**

Rebecca Schrag Hershberg, PhD

Foreword by Daniel J. Siegel, MD

Rebecca Schrag Hershberg

The Tantrum Survival Guide: Tune In to Your Toddler's Mind (and Your Own) to Calm the Craziess and Make Family Fun Again



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In case you are the parent of a toddler or preschooler, chances are you know a thing or two about tantrums. While those epic meltdowns could possibly be component of "normal" *Strategies for controlling tantrums under difficult circumstances, from travel to moving to divorce. What is it possible to do to keep your cool and help your son or daughter calm down?" *Ways to deepen your mother or father s developing human brain is hardwired for "I'll learn: *As to why your toddler's big emotions. Rebecca Schrag Hershberg, child psychologist and mom of two, includes a unique understanding of both technology behind tantrums and what works in the heat of the moment to nip blowups in the bud. *What you may be carrying out (unintentionally) to motivate outbursts. *Ways to use framework and routines to help your child feel protected. *How to lessen tantrums at a down economy of day, from wake-up to bedtime. toddler behavior, they are still maddening, nerve-racking, and exhausting--for everyone included. With her customizable plan, you'child connection--starting at this time.



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Thoughtful and Filled with Humanity If you're searching for a quick and dirty guide to taming temper tantrums, this is probably not the reserve for you. Dr. Rebecca Hershberg doesn't state there's a one-size-fits-all answer to your toddler's ferocious behavior. It is infectiously funny, bright, intimate, forgiving and wise. the outbursts, meltdowns, defiance, and utter irrationality are most likely "normal," rather than, as one might fear, signals of budding sociopathy. Rebecca Schrag Hershberg give a book talk, I was knee deep in reading "The Tantrum Survival Information" when I skipped my subway end. Dr Hershberg's publication delivers on both fronts. We gives out copies to our patients. She even recommends utilizing a timer if you're curious about the length of the distress. In writing about them, she regularly hits a metaphorical pause key simply as the tantrum is going to begin, after that examines what likely resulted in that moment, how it could have already been prevented, and what the parents ought to do (and prevent doing) for the reason that moment. Tempting as if it may be, It is advisable to start at the beginning even though you do peek ahead. And, in the meantime, I'll share one of her recommendations: Don't threaten to contact the police. this. On my way to see Dr. Just as not all toddlers look as well, neither perform their tantrums. By 6 stops. No big factor.As a clinical psychologist and colleague, I understand what a superstar Dr. Schrag Hershberg can be. I know from our shared patients who adore her and internalize her wisdom that is certainly both about her honoring proof, along with her capability to integrate a protected, bright sense of humor into her work. It's logically structured, humorous, and entertaining, rendering it easy to understand its terrific substance. The examples were therefore numerous, and sounded therefore familiar, that the cumulative effect was to feel like I had received personalized counseling classes from Dr. This is both guided by valid proof, and so heart-warming that I was way past my stop in Harlem, chuckling to myself. I urge caution in reading while riding the subway. Essential for every parent of small kids First and foremost, this reserve is very well written. Here, she draws even deeper into her very own experiences of motherhood and the total soul-crushing involved with parenting toddlers during tantrums. The first few chapters explain the brain of a 2-4 year old, in vocabulary that is comprehensible to a layperson, but doesn't appear dumbed down. It's not only filled with practical and useful suggestions, Dr.That seems such as a good idea, since she says kids might lose control of their feelings as soon as one year until they're ready for kindergarten. The middle chapters discuss parents: from their generally unrealistic goals of their kids (for instance, little kids will almost never be able to give logical explanations because of their activities), to how their phrases and behavior are perceived by their children. The final few chapters put it all together, presenting concrete strategies for heading off tantrums (or at least reducing their frequency, strength, and lasting effects). Dr. Hershberg includes countless good examples from her professional practice and her own family members.The first half of the book is given to explaining the emotional and developmental foundations of toddlerhood, and the second half offers concrete advice about how exactly to address a variety of tantrums. I am incredibly wary of recommending self-help books, because even well-intended ones frequently misrepresent the research. Hershberg, for the mere price of a paperback reserve. My only complaint about this reserve is definitely that it wasn't written sooner! I'll recommend this reserve to all the parents who beseech me for methods to handle the down sides they face aware of their young children. Not just incredibly useful and practical, it's a wonderful read! I've go through multiple parenting books so that they can learn how to best deal with these circumstances. Dr. Schrag Hershberg's book is the first one that has supplied me with strategies to reduce the length/severity of my daughter's tantrums, AND to help to keep me grounded in the midst of chaos. The reserve is beautifully written, funny, relatable and takes super wholistic method of focusing on how tantrums unfold and how they may be avoided, or at least, deescalated. An excellent resource for parents and early childhood experts alike., all of which influence how we interact with our kiddos and contribute to "tantrum interactions". It's all SO REAL, and no other publication that I've browse addresses these things. So yes, for those who have a toddler, read. When a book is indeed engaging that you miss your subway stop. book. A must have for

parents and child care professionals Dr. I adored and laughed my way through this publication- and I don't even have toddlers inside your home. Parenting a child susceptible to tantrums is a difficult task. That job is made easier by the apparent sensible program laid out and Dr Hershberg reserve. As a psychologist, parents often ask me for helpful box they could read. I am constantly on the look out for books that deliver sage advice, offered in a format that gives clear path. As a parent of two small boys and a practicing kid psychologist (she in fact makes house phone calls) Dr. Hershberg understands the pressured lives of caretakers, but in this reserve, she offers methods to pause, slow down and exercise more self-awareness than you imagine you have. As an early childhood teacher, I really like the folksy or even better, matter of fact way that Dr Rebecca Schrag Hershberg writes, mixing personal anecdotes with issues every mother or father of small children faces at one time or another. Imminently Readable and Terrifically Engaging! A LEGIT LIFESAVER This book has changed my life. A thoroughly absorbing and captivating reserve on how best to survive early childhood! Fabulous book! Hershberg has made a significant contribution with her book, The Tantrum Survival Information. She has something altogether more nuanced and humane in mind for both you and the young ones you care for. It's like having the best center to heart over espresso with the smartest person you've ever fulfilled. Dr Schrag Hershberg is normally full of empathy, intelligence with both personal and professional encounter. What a fantastic combination! Excellent book! In a sea of parenting books, this one is a standout. Well written, practical, and easy to read - highly recommend! My 3-year-old offers been having humongous tantrums for the past year . 5, with no end in sight. We also deeply, DEEPLY appreciate her willingness to address the stuff that we, as parents, provide in to the tantrum equation: socioeconomic problems, past trauma, our feelings about the methods WE were parented, etc. As a mother or father of boys ages 3 and 5, I came across these chapters generally reassuring; Schrag Hershberg provides both brain technology and rational why these strategies are therefore effective. Filled with realistic illustrations, humor, and attraction, this book is not only helpful, it's delightful to learn.



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