

ToddlerCalm A Guide For Calmer Toddlers Amp Happier Parents Sarah Ockwell Smith

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This book works. It shows that that the naughty step, sticker charts and controlled crying are NOT the only solutions. Many parents struggle with getting their toddlers to sleep, picky eaters; respect; tantrums; discipline; throwing; biting; hitting, communication... All this is normal. What is important is that you don't base your whole relationship with your child on rewards and punishment. ToddlerCalm is about gentle parenting. It will give you a proven and successful alternative approach to creating a calm and happy family.

The Gentle Sleep Book offers gentle, reassuring and effective solutions to addressing the common sleep problems of newborns to five-year-olds. 'This book should be called The Sleep Bible and needs to be in every parent's bedside drawer' Marneta Viegas, founder of Relax Kids Are you exhausted by your baby's night-time waking or frustrated by your toddler's reluctance to go to bed? Would you prefer a gentler approach than sleep-training techniques such as controlled crying or pick up/put down? The first five years of parenting are filled with worries and preoccupations, but, for the vast majority, none of them is as pressing as the lack of sleep. In this revised and updated edition of her bestselling book, Sarah Ockwell-Smith offers a gentle, effective prescription for addressing the common sleep challenges encountered by parents of newborns to five-year-olds. Treading a carefully balanced line between the needs of sleep-deprived parents and those of the child, Sarah offers reliable, evidence-based advice including: *How long we can expect our children to sleep at each stage of development. *Why much of the popular advice on sleep is inaccurate and counterproductive. *How to approach common issues including frequent waking, night terrors and bedtime refusal. Sarah's practical suggestions for each developmental stage include how to create a consistent bedtime routine and optimal conditions for sleep, the effect of diet, and how to use comfort objects effectively. This revised and updated edition includes new chapters providing specific advice on daytime naps (when and how to drop them) and how to take care of your own needs and emotions during the early years of disrupted sleep, because your feelings and health matter too.

Since having her first child nine years ago, Sarah Ockwell-Smith has worked tirelessly to prepare parents for the birth of their child. An antenatal teacher and a doula, with a background in psychology, she founded an award-winning company Babycalm T with one aim in mind - to turn stressed-out new parents and crying babies into happier parents and calmer babies. She has a great understanding of the minds of new parents and is passionate about gentle parenting - letting parents know that it is OK to trust their instincts, that there are other ways to cope as a new mother without putting your baby into a strict routine or resorting to controlled crying. This book takes a different approach to the vast array of books out there - helping new parents to enjoy their baby and to trust in their own parenting instincts, offering a refreshing alternative to prescriptive, routine-led parenting. BABYCALM will help you understand your baby and yourself as a new parent. It offers plenty of ideas about calming techniques and how to encourage your baby to sleep well and will enable you to feel confident and at ease in your new role. A happy mum and a calm baby go hand in hand and this book will get you off to a great start.

Gentle Parenting is mainstream, accessible and backed by science. It is parenting with empathy, respect, understanding and boundaries. In The Gentle Parenting Book, Sarah Ockwell-Smith provides a trustworthy combination of 'what to expect' type information and gentle parenting solutions to the most common challenges faced by parents of young children. Sarah addresses a wide variety of topics including: coping with crying babies; introducing solid foods and creating healthy eating habits; potty training; starting nursery; starting school; coping with homework; coping with bullying; sibling rivalry; tantrums; whining; sulking; aggressive behaviour and much more. In addition the book provides much needed comprehensive information on how to change to a more gentle parenting style for those parents who may have previously been using a more authoritarian style.

'The thing about having a second baby is it's likely to differ a lot from your first experience. Sarah Ockwell's Smith's guide looks at the challenges you might face along with some practical tips to consider. The book offers a friendly feel that reminds us issues and all, we'll be just fine' Mirror, Best Baby Books for Parents 2020 Having a second baby is a very different experience from having your first, yet there is little recognition of the wide range of issues that need to be considered when bringing a second child into the family. In this incredibly helpful book, Sarah Ockwell-Smith helps parents feel more positive and prepared for life with two children. The book begins with the obvious question: when is the right time to add another member to the family? It then goes on to examine the specific issues that can arise with a second pregnancy and birth; the common concerns about siblings, such as how to prepare your firstborn for what's to come; how to cope with the practicalities of life with two young children (aka actually managing to get anything done!); and the feelings parents are likely to experience, too. The Second Baby Book examines all the questions and issues Sarah herself faced second time around, as well as sharing the experiences of the many parents who have sought her advice. It also highlights what scientific studies reveal about such issues as the spacing of children and the differences between first and second births. Practical, insightful and honest, this book will help you understand the challenges ahead but, more importantly, it will equip you to meet them with knowledge, confidence and a sense of excitement for the future.

A calmer, simpler approach to potty training If you're like most parents, you're probably feeling pretty nervous about potty training. But don't worry, help is on the way. This supportive guide provides step-by-step advice for a compassionate and emotionally aware process—one that focuses on positive connection rather than relying on gimmicks, pressure, or rewards (which usually backfire). Topics include: * Signs your child is ready, and how to begin * Preparing your child emotionally * Tips for coping when away from home * Advice for handling accidents and setbacks * Practical stories and tips from parents Written by popular parenting expert Sarah Ockwell-Smith, creator of Gentle Parenting, this is the only book you'll need to guide your child through this developmental milestone--without trauma, drama and tears (for child and parents alike!).

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right consequence, look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

How to make potty training stress free for you and your child The Gentle Potty Training Book is a practical guide to helping your child through one of the most important developmental stages of early childhood. Avoiding strict timelines, rewards and plans that are based solely on a child's gender, Sarah Ockwell-Smith advocates an approach that is based on your child's unique developmental stage - because the gentlest, easiest and most effective potty training happens when you work with your child as a team. Sarah's advice includes: * Recognising the physical and emotional signs that your child is ready * How to talk to your child about potty training and prepare them emotionally * What you need to get started - the practicalities * How to respond to accidents and setbacks * Potty training your child when you're in full-time work or co-parenting * The when and how of night-time potty training * What to do after previous false starts Comprehensive, practical and realistic, Sarah's advice will give you the necessary understanding and confidence to make potty training a smooth process for you and your child.

Every parent, caregiver—and toddler—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 place—a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-up's arms, talk about feelings, and breathe: "One, two, three . . . I'm calm as can be. I'm taking care of me." After a break, toddlers will feel like new—and adults will, too. Books include tips for parents and caregivers.

Most parents worry about their child's eating at some point. Common concerns include picky eating in toddlerhood, sweet cravings and vegetable avoidance in the early school years and dieting and worries about weight in the tween and teenage years. The Gentle Eating Book will help parents to understand their child's eating habits at each age. Starting from birth, the book covers how to start your child off with the most positive approach to eating, whether they are breast or bottle-fed. Parents of older babies will find information about introducing solids, feeding at daycare and when to wean off of breast or formula milk. For parents with toddlers and older children, Sarah includes advice on picky eating and food refusal, overeating, snacking and navigating eating at school, while parents of tweens and teens will find information on dieting, peer pressure, promoting a positive body image and preparing children for future eating independence. At each age The Gentle Eating Book will help parents to feed their child in a manner that will set up positive eating habits for life.

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