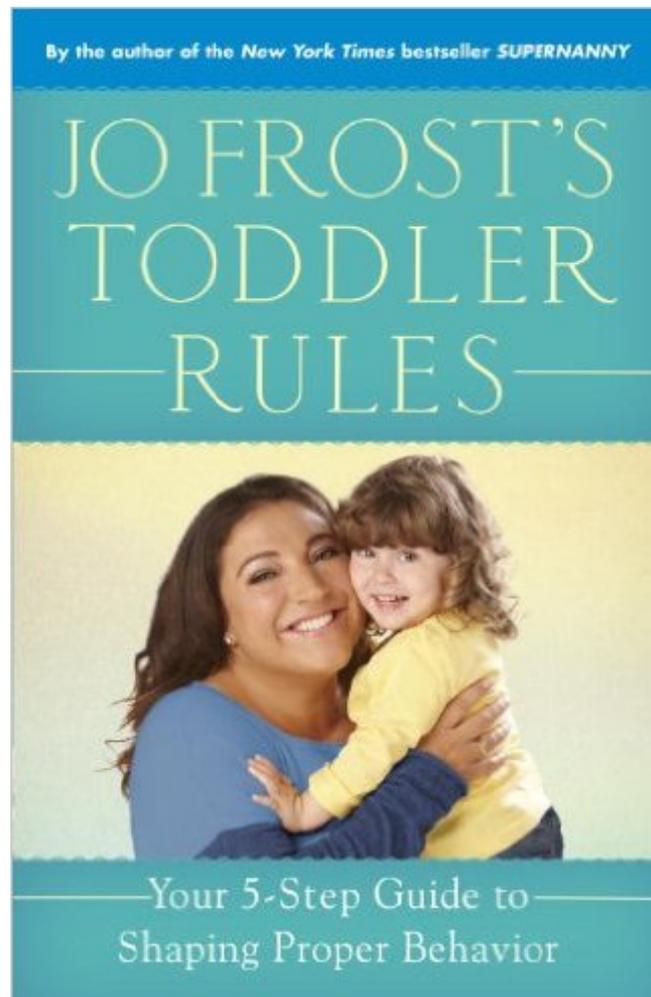


The book was found

# Jo Frost's Toddler Rules: Your 5-Step Guide To Shaping Proper Behavior



## Synopsis

SILVER MEDAL WINNER, NATIONAL PARENTING PUBLICATIONS AWARDS From the beloved TV disciplinarian and bestselling author of Supernanny comes an amazingly simple five-step program of Toddler Rules to help parents tame tantrums, prevent bad behavior, and create long-term peace and stability in the home. Jo Frost has always had a natural gift for connecting with kids, and for helping parents navigate milestones with practical know-how and ease. With the success of her hit TV shows Supernanny, Extreme Parental Guidance, and Family S.O.S. with Jo Frost, she's proven her ability to expertly rein in unacceptable conduct and bring peace and stability to millions of homes worldwide. Now, in this invaluable book, she shows you how to identify and eliminate toddler tantrums, and curb behaviors in other child rearing areas. Frost's effective five-step program for disciplined parenting addresses such challenges as

- Sleep: winning those nightly battles
- going to bed and staying there
- Food: what to cook, trying new things, and enjoying meal times
- Play: sharing toys, defusing squabbles, developing social skills
- Learning: listening, language, and development
- Manners: teaching respect, showing examples, and positive praise

The key to achieving success with these Toddler Rules is Frost's proven S.O.S. method: Step Back, Observe, Step In. Complete with troubleshooting tips for living tantrum-free, this welcome, honest, straightforward guide has all you need to help your children grow, thrive, and make family time even more precious. Praise for Jo Frost's Toddler Rules

- "The indomitable Frost shares both her wisdom and experience for parents of toddlers. The five rules . . . are presented in her charming and conversational tone and provide not only a foundation for sanity but sure scaffolding to greater learning and happier parenting. . . . Frost is a favorite with many, and her engaging manner carries into her written work."
- "Library Journal (starred review)"
- "Common-sense and practical advice on raising young children by an expert in the field . . . A full chapter devoted to handling temper tantrums is an added bonus for parents in crisis mode."
- "Kirkus Reviews"

## Book Information

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## Customer Reviews

If you have a willful toddler and want to bring more joy to your relationship, then buy this book!! I had read *Happiest Toddler on the Block*, several *Positive Discipline* books, and a handful of other toddler behavior books, but was still feeling stressed about how to find that right balance of stern and soft. Jo Frost's book nails it and gave me the immediately actionable advice I needed to help my 19-month old with his tantrums. One of the things I like best about this book is that it doesn't generalize like most of the other books do. The entire thing is pretty much devoted to specific action steps to help you understand when to implement which strategy. She also shows how discipline is a system and how praise, time-outs, cry-it-outs, cuddles, and proper sleep and nutrition all work together to help your child feel secure. It's rare to find a book that is both high-level and detailed at the same time, and the way it was written it felt like I had a trusted friend sitting next to me cheering me on. I was so happy to see this book on the market because when my son was itty bitty and struggling to sleep in his own room, I remembered a *Supernanny* episode that showed a mom who stayed in bed with her son every night until he was five. There was a huge strain on the marriage and the mom felt totally helpless. Jo introduced her Sleep Separation technique (explained in detail in the book) and I remembered how tough it was for the mom and child in the short term, but how a firm and consistent message won out in the end. I used the same technique on my son from the beginning and it 100% worked. I was hoping this book would give me similar strategies and I wasn't disappointed.

My saving grace! I am so grateful!!!! I bought this book when my son was about 18 months because he was starting to have tantrums and run away from us and it was dangerous. I read the part about the tantrums and was like, pfft. Then I tried out the tips for getting him to eat but they didn't work very well. I think he was too young honestly. This book has been collecting dust for a while. But my son turned 2 a month ago and started climbing out of his crib AND opening his door!!! so we had to transition to a toddler bed. My son is an explorer, he's impulsive, fearless, stubborn, hardheaded,

and did i mention stubborn? I was having the worst time getting him to stay in his bed. I made the mistake of rocking him to sleep the first 2 yrs. And thats the only way he can get back to sleep. So he would wake up in the middle of the night, walk into our room and i had to go and rock him to sleep. And everytime i put him down he would wake up instantly and cry. As you can imagine I wasn't getting any sleep and was starting to get resentful. I tried putting him back in his bed repeatedly but my method was ALL wrong and it just got me ANGRY and him upset. One night neither of us got any sleep. It was horrendous. it was getting to the point where even if i put him to bed at 1am super tired he would still be awake and walking around at 7am. which was fine with me. until he started to get up at night. He just couldn't put himself back to sleep. I tried various solutions to this problem and none worked. Like i said, the kid is stubborn as hell. I was at my wit's end!!Then I picked up this book again. I said, let me try the sleep thing and see what she says. Her method was better than mine, same principle, different method. So i tried it yesterday for nap time.

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