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## CRACK THE TODDLER CODE!

A Leading Manhattan Child Development Expert Reveals How to Set Children on the Path to Success During their Most Critical and Overlooked Years

### HOW TODDLERS THRIVE

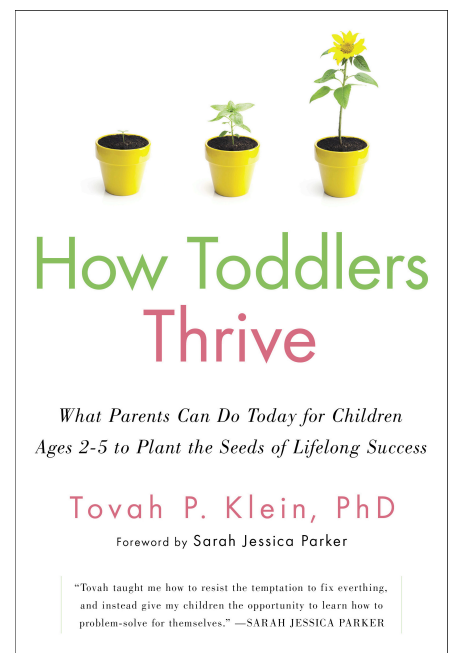
What Parents Can Do Today for Children Ages 2-5 to Plant the Seeds of Lifelong Success

**By Tovah P. Klein, Ph.D.**  
Foreword by Sarah Jessica Parker

*"There are a lot of parenting books out there, but this one is unique... Dr. Klein's firsthand experiences with young children provides parents an understanding of child development within the context of family dynamics. She doesn't judge parents, instead she empowers them with knowledge about the whys behind their children's behaviors."*

*--Rosemarie T. Truglio, Ph.D., director of content, Sesame Workshop*

*Why has my sweet little girl suddenly become a rude and unruly terror? How do I get my son to play with other kids? Is it normal for him to grab another child's toy and just walk away? What can I do to get my daughter to be more polite? What can I do to get my son to go to sleep without causing a major ordeal? Will using iPads and other screens make it hard for my child to focus in school? With a blend of groundbreaking research and tender insight, Dr. Tovah P. Klein, director of the esteemed Barnard Toddler Center has become the go-to expert for these and the many other questions parents of toddlers struggle with daily.*



In **HOW TODDLERS THRIVE** (Touchstone, on sale 2/18/14), Dr. Klein empowers parents everywhere to understand the often-mystifying aspects of toddler behavior. Going deeper, she delivers an eminently practical program for ensuring toddlers receive the right kinds and amounts of attention, guidance and reinforcement they need to develop such key skills as resilience, self-reliance, self-regulation and empathy. Her extensive research and interaction with thousands of toddlers makes her uniquely qualified to show the way to “toddlertopia”—where the little ones are happy and flourishing while parents watch with proud smiles on their faces.

Beginning with a relatable, down-to earth foreword by Sarah Jessica Parker—one of the many parents in New York City and beyond whose children have benefited greatly from Dr. Klein’s guidance—**HOW TODDLERS THRIVE** unpacks the toddler mind, making sense of the unique combination of headstrong independence and close attachment that can be perplexing to both new and experienced parents.

Dr. Klein then breaks down the latest scientific understanding of toddler brains to definitively show that *these* are the years when the neural pathways needed for thriving in life are laid down. After finishing this initial section, parents will be far more effective with their toddlers, as they will have the ability to see the world from a toddler’s viewpoint and understand the critical question of *why* their little ones do the (sometimes inscrutable) things they do.

In the second half of the book, readers get a practical, adaptable set of techniques for “cracking the code” of toddler behavior, from how to handle specific challenges like eating, sleeping and toilet training to broader concepts like managing change and sharing. Dr. Klein’s groundbreaking and essential insights include:

- Why “The Terrible Twos” is a myth, and how accepting it as a given is a mistake.
- The inadvertent ways well-meaning parents “shame” toddlers and in doing so harm their development.
- Why taking a “seven day” view of a toddler’s eating habits—as opposed to strictly enforcing every single meal—is the only approach to healthy eating that is unlikely to backfire.
- How parents can identify and learn from the important links between how *they* were parented and how they approach raising their toddlers.
- Why telling a toddler to share can be a bad idea.
- Everything you need to know about tantrums—when and how to nip them in the bud, and when to let them be.

**HOW TODDLERS THRIVE** concludes with a motivating “Fifteen Seeds of Success” plan that crystallizes why the toddler years are a true **lab for later**, and lays a strong foundation for long-term happiness and fulfillment—for parent and toddler alike.

#### **ABOUT THE AUTHOR**

Tovah Klein is a child psychologist, the director of the Barnard Center for Toddler Development, and a former advisor to Sesame Street. Visit her at [tovahklein.com/](http://tovahklein.com/)

#### **ABOUT THE BOOK**

HOW TODDLERS THRIVE

What Parents Can Do Today for Children Ages 2-5 to Plant the Seeds of Lifelong Success

A Touchstone Book

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