



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

Jo Frost

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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*

From the Trade Paperback edition.

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