



## Emotional Life of the Toddler

By Alicia F. Lieberman

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Although a number of books discuss the physical and cognitive abilities of the toddler, Alicia F. Lieberman's is the first to examine the varied and intense emotional life of children from ages one to three in *Emotional Life of the Toddler*.

Any parent who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Although there are any number of books that cover the physical and cognitive abilities of the toddler, Lieberman's is the first to offer an in-depth examination of the varied and intense emotional life of children from ages one to three. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they sometimes feel in the face of their toddler's unflagging obstinacy? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? With the help of numerous examples and vivid cases, Lieberman answers these and other questions, giving us, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

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## Emotional Life of the Toddler By Alicia F. Lieberman Bibliography

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## **Editorial Review**

### **From the Publisher**

Any parent who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Many books cover the physical and cognitive abilities of the toddler, but Lieberman's is the first to offer an in-depth examination of the varied and intense emotional life of children from ages one to three. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they sometimes feel in the face of their toddler's unflagging obstinacy? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? With the help of numerous examples and vivid cases, Lieberman answers these and other questions, giving us, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

Lieberman shows that the toddler is torn between the strong desire to remain close to the parent and the equally compelling drive to explore new and exciting surroundings. The author discusses how a child can be helped to achieve a balance between these conflicting desires, to feel both confident and outgoing as well as protected and comforted when necessary. Lieberman also provides fascinating new material on how children's different temperaments express themselves during the toddler years and how parents can better match their own temperaments to their child's. Particular attention is given to the shy child and the very active child at this age. In addition, Lieberman gives new Insights on how best to handle common toddler problems, such as sleep disturbances, sibling rivalry, and temper tantrums. She also provides invaluable information on the normal anxieties of this age and how to recognize when anxiety is excessive, needing special attention. Finally, she gives us a fresh, insightful picture of how toddlers typically handle the stress of their parents divorce and outside child care, and provide sensitive practical advice on easing the toddler through these transitions.

*The Emotional Life of the Toddler* is an invaluable resource for parents, clinicians, researchers, and child-care workers alike.

### **About the Author**

Alicia Lieberman is Professor of Psychiatry at the University of California, San Francisco, and Senior Psychologist of its Infant-Parent Program. She is world-renowned for her work on mother-child attachment.

## **Users Review**

### **From reader reviews:**

#### **Robert Young:**

Now a day individuals who Living in the era everywhere everything reachable by talk with the internet and the resources inside it can be true or not need people to be aware of each facts they get. How people have to be smart in acquiring any information nowadays? Of course the answer is reading a book. Examining a book can help individuals out of this uncertainty Information specially this Emotional Life of the Toddler book because book offers you rich facts and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it everbody knows.

**Rosemarie Pickett:**

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you will have done when you have spare time, and then why you don't try matter that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Emotional Life of the Toddler, you can enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't obtain it, oh come on its identified as reading friends.

**Pedro Dillon:**

Is it anyone who having spare time then spend it whole day simply by watching television programs or just laying on the bed? Do you need something new? This Emotional Life of the Toddler can be the reply, oh how comes? A book you know. You are so out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these guides have than the others?

**Michael Crew:**

In this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple method to have that. What you have to do is just spending your time almost no but quite enough to enjoy a look at some books. One of many books in the top listing in your reading list is usually Emotional Life of the Toddler. This book which is qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking up and review this e-book you can get many advantages.

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