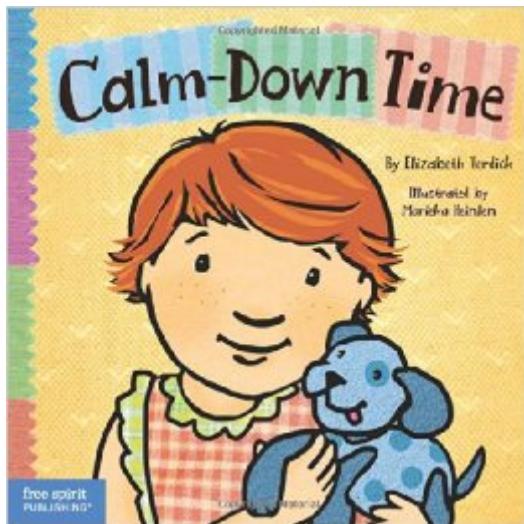


The book was found

# Calm-Down Time (Toddler Tools)



## Synopsis

Every parent, caregiverâ "and toddlerâ "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 placeâ "a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-upâ "s arms, talk about feelings, and breathe: â œOne, two, three . . . Iâ "m calm as can be. Iâ "m taking care of me.â • After a break, toddlers will feel like newâ "and adults will, too. Books include tips for parents and caregivers.

## Book Information

Age Range: 1 - 3 years

Series: Toddler Tools

Board book: 24 pages

Publisher: Free Spirit Publishing; Board Book edition (May 1, 2010)

Language: English

ISBN-10: 1575423162

ISBN-13: 978-1575423166

Product Dimensions: 7 x 0.6 x 7 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (162 customer reviews)

Best Sellers Rank: #3,662 in Books (See Top 100 in Books) #78 inÂ Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

## Customer Reviews

I love these books!We've taken a cue from the books and differentiated nap time, bed time, and "calm down time". My son still naps in the morning, but has given up his afternoon sleep. However, he still gets tired and needs to rest in the afternoons. The "calm down time" book has helped demonstrate what it means, to have alone time and rest (without having it be punishment or "time out".Somehow, my 2 year old takes the lessons less personally when we read about it in the books. We have the sharing, calm down time, hands are not for hitting and nap time. The books are simply stated so that a 2 year old can understand. They are vague enough that they apply to most children and situations. A bonus, the colors and patterns are vintage/nostalgic and fun to look at.When I tell him it's calm down time, he gets very defensive and argumentative. So, my strategy has changed. Now, we sit down to read this book. The mommy in the book tells the boy calm down time. My son

can see how the little boy in the book responds and sits or plays nicely. I can then leave him on the floor of his room to play solo for a bit. It may only last 5 minutes, but it's a positive start! I like the idea of teaching him to recognize when he needs to take a break and how to handle that. "1, 2, 3, taking care of me." (Mommies can learn from this lesson, too:)

My son is particularly sensitive and gets worked up and overstimulated easily. I bought this book in an effort to teach self-calming techniques to a toddler. The words and pictures are clear and simple - ideal for toddler comprehension - and the key calming phrase is easy. He loves this book and has me read it to him several times during Book Time before bed. He even recites the calming phrase with me: "1-2-3, I'm taking care of me," and it does seem to calm and relax him. (Now let's see if it works in the thick of the battle.) It loses a star because I really can't figure out what they were doing in terms of rhyme scheme or rhythm. Your average toddler-targeted book has a rhyme scheme or at least a sing-songy rhythm. This book does too, but only in fits and starts. The opening two pages rhyme just fine. The third and fourth pages rhyme, but with a longer phrasing. I \*think\* the fifth/sixth pages are \*supposed to\* rhyme, but it's a stretch. Eventually you get down into the part about the child finding a calm down space and the rhyming/rhythm is completely haphazard - sometimes it's there, sometimes it's not. This may seem like a silly thing to yank a star over, but it makes reading aloud a bit stilted, jerky, and more complicated than it needs to be. Regardless of my hang-ups over rhythm, I would definitely recommend this book to anyone with a young child with temper management difficulties (heh - I guess that means everyone). It's accessible to them and makes sense to them, teaches them a real-life calming technique, and best of all, it actually does calm them down.

My son was a difficult toddler, especially between the ages of 1 and 2. He was capable of throwing a severe hour long temper tantrum over a broken piece of cheese during which he would scream, shake and be unreachable and impossible to comfort. He would also bang his head hard when upset. In addition to having a tough temper, he had a high activity level and would resist sleep when tired which only made the temper worse. He also wanted everything to go his way always and was not a flexible child at all. When something did not go his way, he would lose it. He could lose it over almost anything at all. There were times the tantrums were so long and intense that I was frightened. Sometimes he would just wake up from a nap in a state like this (so there was nothing that even precipitated it). Nobody understood what we were going through so I stopped even trying to talk to other parents about it. We felt alone and helpless a lot of the time. He started improving

around 2 years old which is when we bought this book. Because we bought it after he started improving anyway, it is hard to judge its true efficacy. Having said that, we started to read him this book when he was melting down (or right after in cases when during was impossible) and I think it helped him understand that strong emotions are ok but that it is important to learn how to cope and calm yourself down. Was it a magical cure? No. At 4, he still struggles with coping with disappointment and he is still more demanding and temperamental than most but his tantrums are not long anymore. We have all learned to handle them better and they have improved as he has gained increased verbal ability as the pediatrician said would happen. I don't know if this would have helped him much younger than two because his tantrums were so severe and he was so difficult to reach. Maybe in calmer moments it could have but I don't believe it would have worked in the midst of one of his major tantrums. My much more easy-going 2.5 year old daughter also likes this book. In many ways, it is probably best suited to more normal kids like her who can be reached and taught calm-down skills while in a tantrum. If your child suffers from severe tantrums like mine did, this may provide a little relief and help him or her understand that emotions are normal and learn some techniques to calm down (that s/he will likely not use anyway during a meltdown) but it is not going to solve the problem. All you can do is hang in there, give that child love, and try to be as calm and understanding as possible. From my experience, removing the child from the situation helps most of all. Letting him get it out on his own in a safe place worked best (as hard as it is to do nothing when you want so badly to help but can't). Anyway, if you are struggling with this, you will be happy to know that my son is quite normal now. He is extremely intelligent (probably part of his problem). He is doing great in school, is gregarious and has a great sense of humor. He is still controlling and inflexible but is miles ahead of where he was. I don't think I can credit this book with these developments but it didn't hurt and maybe even helped him a little.

I love this book! I have read it to my 2 year old many times, both when we were just reading for fun, and at times when he needs to calm down. He is slowly learning what it means to take a deep breath. I brought it with us on a trip to visit 3 of sisters and their families. So combined we had a 3yr old, 2 yr old, 19mo old, 1yr old and a 4 month old! During one of the inevitable moments when we had a huge all kid melt down, I pulled out this book and we all read it. It was amazing! It helped all of the kids (AND parents) calm down. One of my sitters works with foster care kids, and she was as in love with this book as the rest of us. I like the handful of other books in this series that I have, but this one is a standout.

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