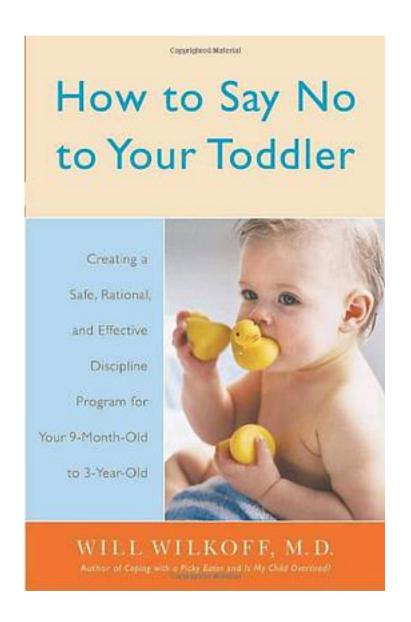
HOW TO SAY NO TO YOUR TODDLER



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Teaching your toddler that "no means no" now can save you both suffering. But how do you say it so that he'll understand?

For many parents of toddlers, saying "no" over and over becomes a mantra for exhaustion. Why is it so difficult to convey the meaning of this tiny word? Because, says pediatrician Will Wilkoff, when it comes to tots, actions speak louder than words.

Using very direct and simple guidelines, Dr. Wilkoff shows you how to develop a consistent and effective discipline plan. He explains what can go wrong with time-out and how to overcome obstacles, including your child's rebelliousness, physical space issues, and your own reluctance. He also presents helpful advice for special situations, such as how to say no at meal times, at grandma's house, and when your child is sick.

Presenting his compassionate and practical approach, Dr. Wilkoff shows how you can respond to the misbehavior of very young children while teaching them self-control that will benefit them throughout their lives. How to Say No to Your Toddler is the ideal guide for any parent who wants to take a more effective approach for raising healthy, happy children.

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