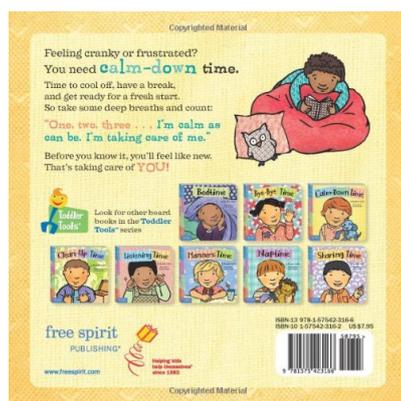


# [PDF] Calm-Down Time (Toddler Tools)

Elizabeth Verdick - pdf download free book

---



#### Books Details:

Title: Calm-Down Time (Toddler Tools)

Author: Elizabeth Verdick

Released:

Language:

Pages: 24

ISBN: 1575423162

ISBN13: 9781575423166

ASIN: 1575423162

[CLICK HERE FOR DOWNLOAD](#)

---

pdf, mobi, epub, azw, kindle

#### Description:

Every parent, caregiver—and toddler—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 place—a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-up's arms, talk about feelings, and breathe: "One, two, three . . . I'm calm as can be. I'm taking care of me." After a break, toddlers will feel like new—and adults will, too. Books include tips for parents and caregivers.

- 
- Title: Calm-Down Time (Toddler Tools)
  - Author: Elizabeth Verdick
  - Released:
  - Language:
  - Pages: 24
  - ISBN: 1575423162
  - ISBN13: 9781575423166
  - ASIN: 1575423162
-