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Calm Down Time Toddler Tools

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Calm-Down Time / Momento para calmarse (Toddler Tools ...

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 ...

Title: Calm-down Time: Toddler Tool Format: Hardcover Product dimensions: 24 pages, 7.01 X 7.01 X 0.55 in Shipping dimensions: 24 pages, 7.01 X 7.01 X 0.55 in Published: May 10, 2010 Publisher: FREE SPIRIT PUBLISHING Language: English

Calm-Down Time (Toddler Tools) - Kindle edition by Verdick ...

Calm-Down Time by Elizabeth Verdick, Marieka Heinlen ...

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Calm-Down Time: Verdick, Elizabeth: 9781575423166: Books ...

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Calm-Down Time by Elizabeth Verdick, Marieka Heinlen ...

Calm-Down Time (Toddler Tools) Published November 14th 2011 by Free Spirit Publishing Kindle Edition, 24 pages Author(s): Elizabeth Verdick, Marieka Heinlen (Illustrator) ASIN: B00658PWSG Edition language: English Average rating: 4.28 ...

Editions of Calm-Down Time by Elizabeth Verdick

Every child should learn coping skills. And every child can benefit from having their own homemade calm down kit, filled with calming tools and things that suit their needs and interests. I've always tried my best to teach my kids emotional regulation strategies such as deep breathing exercises, talking about emotions, and doing meditation as a family.

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