



# **Toddler Troubles: Coping with Your Under-5s (Family Matters)**

*Jo Douglas*



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As every parent knows, looking after young children is profoundly rewarding, but it can also be extremely exhausting and frustrating.

*Toddler Troubles* covers a wide range of typical toddler behaviour and its associated dilemmas, from, eating, sleeping, potty-training and discipline, to more thought-provoking ideas like being a positive parent.

Parent and Clinical Psychologist Jo Douglas has been working with families for over 25 years and understands how hard bringing up toddlers can be. In this wonderful new book, she provides a wealth of tools to help you through the ups and downs of bringing up under-5's, including Frequently Asked Questions, charts, and interviews.

*Toddler Troubles* is the ideal companion for any parent as they negotiate the pleasures and perils of raising children.

"...not simply another 'opinionated' child care text, but one that is evidence-led wherever possible.... I heartily recommend it."

—**Professor Martin Herbert**, Clinical Psychologist



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