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## Calm-down Time

By Elizabeth Verdick, Marieka Heinlen

Free Spirit Publishing Inc., U.S. Board book. Book Condition: new. BRAND NEW, Calm-down Time, Elizabeth Verdick, Marieka Heinlen, 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. It features a dynamic, award-winning author/illustrator team of the best-selling "Best Behavior[trademark]" series. An unique and fresh series look and design complements gentle and reassuring text. The books engage toddlers in facing daily routines and transitions with confidence. Tips for parents and caregivers are included at the end of each book. It is ideal for both home and childcare settings.



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