



# **The Happiest Toddler on the Block: The New Way to Stop the Daily Battle of Wills & Raise a Secure & Well-Behaved One- to Four-Year-Old**

*Harvey Karp*

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Toddlers can drive you bonkers...so adorable and fun one minute...so stubborn and demanding the next! Yet, as unbelievable as it sounds, there is a way to turn the daily stream of "nos" and "don'ts" into "yeses" and hugs...if you know how to speak your toddler's language. In one of the most useful advances in parenting techniques of the past twenty-five years, Dr. Karp reveals that toddlers, with their immature brains and stormy outbursts, should be thought of not as pint-size people but as pintsize...cavemen. Having noticed that the usual techniques often failed to calm crying toddlers, Dr. Karp discovered that the key to effective communication was to speak to them in their own primitive language. When he did, suddenly he was able to soothe their outbursts almost every time! This amazing success led him to the realization that children between the ages of one and four go through four stages of "evolutionary" growth, each linked to the development of the brain, and each echoing a step in prehistoric humankind's journey to civilization:

- The "Charming Chimp-Child" (12 to 18 months): Wobbles around on two legs, grabs everything in reach, plays a nonstop game of "monkey see monkey do."
- The "Knee-High Neanderthal" (18 to 24 months): Strong-willed, fun-loving, messy, with a vocabulary of about thirty words, the favorites being "no" and "mine."
- The "Clever Caveman" (24 to 36 months): Just beginning to learn how to share, make friends, take turns, and use the potty.
- The "Versatile Villager" (36 to 48 months): Loves to tell stories, sing songs and dance, while trying hard to behave.

To speak to these children, Dr. Karp has developed two extraordinarily effective techniques: 1) The "fast food" rule-restating what your child has said to make sure you got it right; 2) The four-step rule-using gesture, repetition, simplicity, and tone to help your irate Stone-Ager be happy again.

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