



Toddler 411: Clear Answers & Smart Advice for Your Toddler

Ari Brown , Denise Fields

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You've made it! Your baby has turned one! Now the real fun begins. From temper tantrums to toilet training, raising a toddler brings its own set of challenges and questions and Toddler 411 has the answers. Following on the heels of the best-seller Baby 411, Toddler 411 bottles the wisdom of parents who've been there, done that . . . and combines it with solid medical advice from an award-winning pediatrician. Inside, you'll learn:

The truth about The Terrible Twos and how to raise a well-behaved child without going insane.

Picky Eaters learn how to cope . . . and convince your child to eat something besides Goldfish crackers.

Toilet train your toddler in just one day. No, that's not a typo learn the Zen of Toilet Training, when to start and how to make it work.

What's normal and what's not when it comes to your toddler's growth and development. Spot the early clues for autism and other red flags.

Simple steps and smart advice to avoid environmental hazards. The most up-to-date, evidence-based health info for you and your toddler!

This new 5th edition is revised and expanded with new content:

- 1. Cow's milk and dairy alternatives** Safety, health and nutritional needs.
- 2. Picky Eater Primer** More tricks and tips for dealing with picky eaters!
- 3. Food allergies on the rise.** A special section on food allergies and gluten sensitivities.
- 4. Preschools:** When to go, why to go!

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Toddler 411: Clear Answers & Smart Advice for Your Toddler Details

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Alicia Shafer says

Ok. Some stuff was helpful, other stuff was the kind of stuff that can make you crazy.

Lindsey Orlando says

Great reference, just like Baby 411! There's a lot of duplicate info between the books where it's relevant to both infants and toddlers, but this book also covers a lot of toddler-specific topics. I haven't read the entire thing since I have less time to read now, but it's easy to skip straight to the parts I need when I have questions.

ACRL says

Read by ACRL Member of the Week Christina Chan-Park. Learn more about Christina on the ACRL Insider Blog.

Cathryn says

Best no-nonsense parenting book series out there. It won't tell you what to expect or any of the other stuff the get-in-touch-with-yourself feel-good parenting books like to spend time philosophizing. THIS book tells you exactly when to call the doctor, what to look for in each symptom and when to just calm down. They keep it real with many charts and cheat sheets to help you get the knowledge you need fast! The very best book for middle of the night, sleep deprived parenting. We recommend this book to EVERYONE!

Erin says

I picked up Toddler 411 because I enjoyed the authors' Baby Bargains book so much. The authors have a matter-of-fact style to parenting and I appreciate their non-judgmental approach to controversial topics. Overall, Toddler 411 was much of what I expected from them.

The book is an encyclopedia of toddler. It covers everything you could imagine: milestones, weird but normal behaviors, potty training, transitioning to a big kid bed, and a whole chapter on poop (if you have a toddler then you know just how essential this chapter is). The second half of the book is called "Toddler Healthwatch" and covers minor bumps and bruises all the way through to red flags for meningitis. The authors stand so strongly by their product that the end of the book contains the guarantee that if the book hasn't saved you one co-pay for a doctor's visit, they will refund your money entirely.

The thing I most appreciate about the "411" series is that everything is backed by evidence. There are no

broad generalizations about what is "best" for a child, and any time the authors make a recommendation they explain the reasoning and cite medical research on the topic. A great example of this was their handling of vaccines. There has been so much hype about the vaccines and the unknown damage they may or may not be causing, and it can be very alarming to a parent trying to make an informed decision. The authors first explain how we came to using vaccines, and describe the climate pre-vaccine (pretty scary for a child). They hypothesize that vaccines are a victim of their own success; vaccines have been so successful at eradicating disease that we wonder if we need them at all. This is followed up by a top ten FAQ that I'm pretty sure they lifted directly from a transcript of one of my son's well-child visits. (I think our pediatrician would have appreciated me reading this book first, THEN playing 20 questions with him.) The most valuable thing I took from the vaccine chapter was this: mercury preservatives were removed from all vaccines in 2001. Why is no one talking about this when talking about vaccines?

My only complaint about the book, causing me to lower its star rating by one, is that it contained a lot of what I consider to be "fluff," in that if my child was experiencing any of these problems there's no way in hell I'd be consulting a book about it. An example was this parent question:

"My child chronically throws up only in the morning. Should he see the doctor?"

How do people like this get dressed in the morning? Should he see a doctor?! Are these people eternally stumped by the weather forecast? "It says partly cloudy today, so should I dress for sun, or clouds? Or monsoon? Should I see a meteorologist?" (FYI it is NOT NORMAL to vomit every morning, so see a doctor, people!). Anyway, I wish they hadn't wasted so much space on questions like this. There's already a lot of content in the book without this fluff.

Sera says

This book provides a comprehensive overview of what parents can expect in the toddler years. Mostly a reference tool for quick answers, I'll likely start here, and then read more in depth from my other parenting books that delve into the various subject matter more deeply.

My favorite parts were the developmental milestones and when to take your child to the ER versus to the doctor versus the need for no medical visit at all. This approach is taken in different ways in regard to various topics, which I thought was great. It was all about "should I panic?" and if so, "how much?".

Deanna says

Out of the numerous books out there, I've loved the 411 series for babies and toddlers. Packed full of great information. This book is as much as primer for dealing with the toddler years as it is a reference. Well written, easy to digest, interesting and most importantly helpful.

Amanda says

Written in a pretty humorous way that makes it more approachable. Lots of basic information-- especially

medical-- that may come in handy as my son gets older. I was a little dissatisfied with it, however, because it had almost nothing on weaning or sleep issues, which I'm particularly interested in. Seems like they assume that those things are water under the bridge once you're child reaches one. They are also proponents of a very regimented and organized life which might not work for every parent (and certainly not for me)-- they suggest things like washing your hands after you touch your child to keep germs from spreading among family members and "kissing at your own risk". Still, it is full of clear, concise medical information, with very complete lists of symptoms and treatments, that I think will keep even the most nervous parent from panicking needlessly.

Liz says

Great reference book. I stumbled upon it at the Library, but now want it for my own book shelf. The concluding chapters on illness and First Aid are something I would like to have at my fingertips when needed.

Many authors of mom-help books try to use humor -- and completely fail. Fields might just be the first one I've seen succeed. Her humor comes at just the right time, and it isn't forced.

If I go through the baby stage again, I'll have a copy of Baby 411 on hand. I'm sure it is just as fabulous a read. I'd say Toddler 411 is to Toddler Parenting as Mayo Clinic Guide to Healthy Pregnancy is to Pregnancy. Namely, a must read.

Definitely skip the "What to Know" series. 411 is a much better choice.

Angela says

My two year old was an embarrassment today. This book is calming, positive and concise. One uplifting part of reading parenting books is knowing that you don't have ALL the problems addressed, just some of them. And, furthermore, you are mostly doing it just fine.

This series is a mother's refuge and tolerably short enough for father's to read the sections mothers have tabbed. Gift it. They will thank you.

Misty says

This is an excellent book that delves into many different issues you may run into as a parent. The advice is helpful and informative. I think whenever you read books like this you have to be knowledgeable about your child and family, and ultimately make the best decisions for your child regardless of some people's opinions; however, this has great information covering everything from sickness, sleep problems, medications, and old wives tales. Some of the stories are humorous, and the book is just a fascinating read. It's set up to where it's easy to find exactly what you are looking for with a very detailed TOC.

Michelle says

Sassy Summary: This no-nonsense reference guide aims to save its reader a trip to the doctor's office by providing easy-to-find answers to common questions (How Often Should My Child Pee?) to advice on handling Picky Eaters. Success! The index and glossary are comprehensive. It's funny. It's smart. It's reassuring. My only complaint is that the organic food recommendations gave me anxiety and made me afraid to put anything in my child's mouth.

Quotable Writing: Follow the "Two Stop" Rule. Getting in and out of your car with a toddler is an experience itself. With our kids, we always had a two stop rule for Saturday errands—that is, if you have to stop the car more than twice to do errands, you are asking for trouble.

Cheetah or Snail? Cheetah. I skimmed this book in one evening.

Buy or Borrow? Buy. Give it as a gift to a mother on her child's first birthday.

Book Club Discussion Generator? Nah.

Who should read it? Any caregiver for a child between the ages of 1 and 4 years old.

Jaime Lee says

Toddler 411 (much as its predecessor, Baby 411) is a great book to have on hand when you have a question about your child that you don't feel warrants a doctor call, and yet you feel you need a little bit more than your own common sense. It's straight-laced answers are very calming in the wake of some of toddlerhood's scariest scenarios for a parent (illness, etc.). The Q&A form in which it's written makes things easy to find. Once you've read it through once, you can easily revert back to pertinent topics at a moment's notice. Or you can simply use it as a reference in general without ever needing to read it cover-to-cover. A+

Becks says

Not as good as Baby 411. Focuses far more on diseases, injuries, etc. so will likely come in handy as an encyclopedia. Didn't like the recommended approaches to discipline and would recommend the Janet Lansbury books for that instead.

chanceofbooks says

I've been reading a lot of toddler books lately, and this is one of the best. I love the easy to follow format, and I love the emphasis on practical solutions that are child-centered. I really like how encompasses so many aspects of toddlerhood in one easy reference versus one book for discipline and one for nutrition etc.
