

THERE IS ALWAYS A REASON FOR...

ADULT PLAY	5
Why Pretending to Be a Unicorn Matters!	
AFTER-DAYCARE MELTDOWNS	11
It's REALLY Hard Being Good All Day	
ANGER	17
No One Gets Angry for No Reason	
ATTACHMENT	23
"I Can't Even Pee Alone!"	
ATTENTION-SEEKING	29
It's Not Just About Showing Off	
BEDWETTING	35
So. Much. Laundry.	
BIG BED BATTLES	41
When They Learn They're Free to Roam	
BITING	47
It's About Emotions, Not Hunger!	
BLOWING NOSES	53
No, It's Not a Built-in Feature!	
BOARD GAMES	59
Not Just a Rainy-Day Fill-in	
BODY CURIOSITY	63
When Learning Goes Below the Waistband	
BOREDOM	69
Here's Why It's a Good Thing!	
BOUNCING BOYS!	75
Understanding Their Unique Energy	

BRUSHING TEETH	83
Turning a Battle into a Habit	
CHORES	89
Preparing Children for the Real World	
CLOTHING CLASHES	95
Wanting to Get Dressed Their Way	
COOKING WITH CHILDREN	101
More Than Just a Life Skill	
DAYCARE DROP-OFFS	107
When Saying Goodbye Is Tough	
DEFIANCE	113
Ah, Those Wonderful Stubborn Moments!	
DISAPPOINTMENT	117
Helping Them Handle Life's Letdowns	
DISTRACTION	123
Helping Little Minds Shift Gears	
EMPATHY	129
Don't Ask Them to Say "Sorry"	
FOUR-YEAR-OLD GIRL "SYNDROME"	135
Power Struggles and Big Feelings	
FUSSY EATERS	139
Winning the Food Battles	
HEAD LICE	145
The Itchy Truth	
HITTING	151
No, It's Not Caused by Bad Parenting!	
INTERRUPTING	157
Waiting to Ask Is a Big Ask	

Table of Contents

INVITATIONS TO PLAY	163
Simple Setups to Spark Creativity and Learning	
JUMPING	169
A Big Leap for Little Legs	
MAKING FRIENDS	173
It's a Learned Skill	
MAKING MARKS	179
From Scribbles Come Stories	
MANNERS	185
Getting "Please" and "Thank You" on Autopilot	
MESSY PLAY	191
Mess, Magic and Learning	
MILESTONES	197
Embrace Your Child's Unique Journey	
NAUGHTY WORDS	203
Understanding Preschooler Potty Mouth!	
NEW SIBLINGS	209
Making Room for a Newcomer	
NIGHT TERRORS	215
Scary for Us; Not for Them	
OVERREACTING	221
Big Reactions to Small Problems	
PACIFIERS	227
Releasing Their First Comfort Object	
POTTY "LEARNING"	233
Why Potty "Training" Misses the Point	
QUIET TIME	239
Why It Matters and How to Make It Work	

QUITTING	245
When They Say, “I Can’t Do It!”	
READING BOOKS	251
It’s Not Just for Making Them Sleepy!	
ROUGHHOUSING	257
The Big Benefits of Rough-n-Tumble Play	
ROUTINES	263
The Secret to Happier, More Cooperative Preschoolers	
SCISSOR SKILLS	269
An Important Head Start for Writing	
SCREEN TIME	275
Finding a Healthy Balance	
SELF-FEEDING	281
Messy Eating Helps Your Child Learn	
SHARING	287
They Don’t Resist Sharing to Be Selfish	
SHOPPING BATTLES	293
Toddlers Don’t Ruin Shopping Trips on Purpose	
SHYNESS	299
Shy Children Don’t Need “Fixing”	
SIBLING RIVALRY	305
How to Referee Without Losing Your Cool	
SLEEP STRUGGLES	311
Because “Just Go to Sleep” Never Works!	
SOLITARY PLAY	317
Balancing Guided and Child-Led Play	
SWINGS	323
Much More Than Just Fun	

Table of Contents

TANTRUMS	327
From Cherub to Whirlwind of Fury!	
TODDLER SAFETY	333
Keeping an Eye on Little Explorers	
TRADITIONS	337
Little Things That Create Lasting Bonds	
“UNTRUTHS”	343
When Little-Ones Don’t Quite Tell It as It Is	
WET PLAY	349
Children Need Dirt, Rain and Fresh Air	
WHINING	355
A Developmental Detour, not a Discipline Issue	
“WHY?” QUESTIONS	359
Why Do Children Ask “Why?”	
FINAL THOUGHTS	365
Silent Lessons Your Child Learns from You	
FREE CHECKLIST	369