



# The Secret Lives of Toddlers: A Parent's Guide to the Wonderful, Terrible, Fascinating Behavior of Children Ages 1 to 3

By Jana Murphy

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Why do they rub food in their hair? Why do they want to hear the same book over and over? Why do they love being naked?

Between the ages of one and three, children can be delightful, affectionate, intelligent explorers of their newfound world. They can also be holy terrors. Grounded in up-to-date research, **The Secret Lives of Toddlers** demystifies 52 common behaviors of toddlers, while helping parents appreciate the miraculous development of their children.

An entertaining, reassuring guide to toddler behavior, this book shows parents how to get through their kids' toddlerhood with affection, humor, and authority. With explanations from pediatricians, child development experts, and behavioral psychologists, parents will learn to:

- Understand the world from a child's point of view
- Learn which bad behaviors need intervention and which can be ignored
- Cultivate good manners and reward good behavior
- Reduce their own frustration
- Play, speak, read, and interact with their toddler in healthy ways

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### **Editorial Review**

#### **About the Author**

Jana Murphy has written about a wide range of nonfiction topics, from children to pets to health. She is a mother of three children and an aunt to 24 nieces and nephews. She is the author of *The Secret Lives of Dogs* and has contributed to such titles as *The Immune Advantage* and *Dr. Mom*.

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