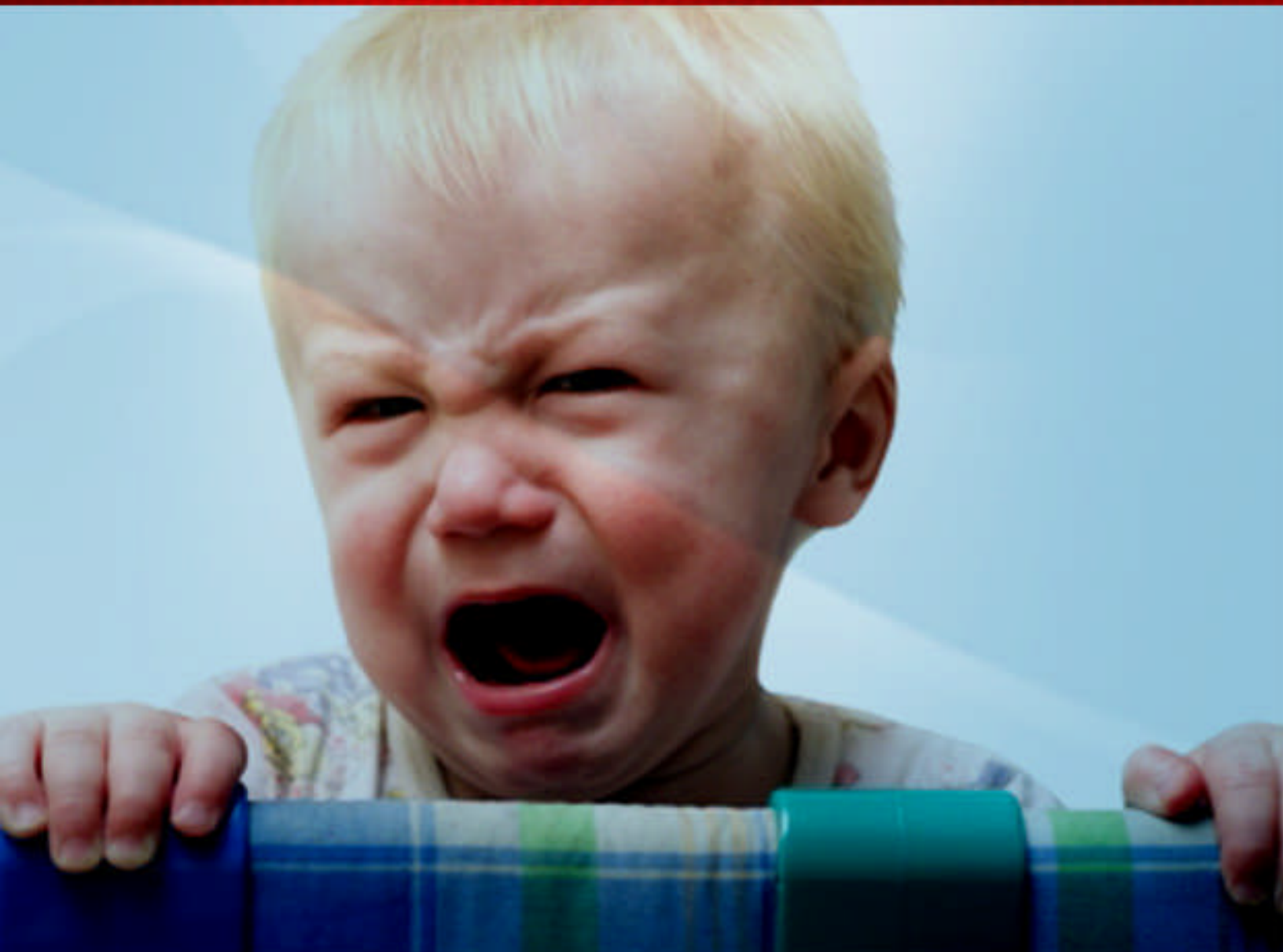


The Terrible Twos

*How to Help the "Terrible Twos"
not be so Terrible*



Moms Guide To The Terrible Twos

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CHAPTER 1: JUST WHAT ARE THE TERRIBLE TWOS?

Whether your parents or yet to be parents, you've all heard the term "The Terrible Twos". This term refers to toddlers somewhere in the two year old range. For some reason, or even for a variety of reasons, children seem to go through the "terrible twos" stage no matter how much we try to prevent it. This eBook is going to give you some of the reasons this happens, as well as tips to help you and your toddler get through this time much easier.

WHEN DO THE TERRIBLE TWOS BEGIN?

Each child is different in personality and temperament, and many parents have seen their child begin the terrible twos as early as 15 months of age. Realistically, you might see your child enter this stage any time after their first birthday. Yet others don't see the signs and temper tantrums often associated with the terrible twos until as late as 2 ½. So, when exactly your child will enter the so-called "terrible twos" is not known, you can expect it to happen. It is just a normal stage of their development which we will discuss in further detail in Chapter Two: The Emotional Side of the Terrible Twos.

SIGNS YOUR CHILD IS ENTERING THE TERRIBLE TWOS

As your child develops, you will notice differences in their behavior throughout each stage of their life. When your baby leaves the newborn stage, usually around 3 or 4 months of age, she begins to smile willingly and to react to people. When she is about 6 months old, she may suddenly become afraid of people she doesn't know, and when your child is about 18 months old, she may suddenly decide that she doesn't want to listen to you and will throw herself on the floor kicking and screaming.

Of course there are other developmental behaviors in between these various stages, but for some reason when our kids hit the "terrible twos" it seems as if all 'heck' just broke loose and a demon has entered your child. Now while we know

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that is not the case, there are some distinct indications your child just hit their terrible twos.

One of the indications your child may be entering this stage in their life is their sudden inability to listen to you or do what you say. Up until now, you've been able to communicate with your child fairly easily and they've probably gone along with what you say, for the most part.

Now all of a sudden your 19 month old who wants a cookie, can't come out and say, "Mommy, I would like a cookie", so they point and stomp their feet and grunt or speak in some language we don't understand yet, and then after you've offered everything in your cupboard but a cookie, or heaven forbid, say no to the cookie, suddenly your sweet baby is a demon child kicking, screaming and drooling all over the floor. What just happened?! The Terrible Twos have struck.

Another sign your toddler is entering this stage is the inability to hear you any longer. You tell them to do something; they don't. They just continue on, like you never said a word. Actually they can hear you, they just have no clue as to why they should do something when they don't want to, and so they don't.

You may think these are signs of rebellion and defiance in your child, however, you must understand that they are not. Children who are entering this stage in their life are only about **783 DAYS** old, give or take a few. They have no clue what it means to be rebellious or defiant...yet. This is why it's so important to learn why they behave this way, and how to deal with it so that you can teach them the proper way to handle their emotions now and when they are older.

WHEN WILL IT END?

Just as we do not have a definite date of when the terrible twos will begin, there is no magic date for when they will end either. Again, this depends on your child's temperament, personality and environment. A lot of their behavior also depends on your personality type, attitude and temperament.

Yes, that's right; our children's attitude and behavior is learned by us, their parents. So, if you're naturally bossy, your child will most likely tend to be bossy as well, especially if they are your firstborn. If you are more fun-loving and tend to choose fun over responsibility, guess what, your children are more likely to do that

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as well. Of course they will develop their own tendencies over time as they grow older, but during the toddler stage, your child's behavior mostly comes from watching you.

But, to give you an approximate time of when the terrible twos will end, expect their attitude and seemingly defiant behavior to start tapering off somewhere around 2 ½ to 3 ½ years of age. Of course some parents have seen their toddlers enter the next stage, the terrific threes, and right after their second birthday, while other parents have suffered through the terrible twos all the way up until their child was 4 years old. Not every case is that extreme, but it does happen.

In the next chapter, we're going to discuss the emotional side of the terrible twos.

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CHAPTER 2: THE EMOTIONAL SIDE OF THE “TERRIBLE TWOS”

Coping with a toddler going through the terrible two requires effort on your part to exert patience and understanding of what’s going on inside of them. Not to mention what’s going on inside of you. It can be really difficult to handle a two year old throwing a temper tantrum in the grocery store because they’re not getting what they want or because they don’t want to ride in the front of the cart.

In this chapter we’re going to discuss what’s going on inside of your toddler, to help you better understand why they’re acting the way they are, as well as give you some tips on what you can do to ensure you don’t completely lose it.

WHAT’S HAPPENING ON THE INSIDE OF YOUR TWO YEAR OLD?

At this stage in your two year olds development, he is beginning to exert his independence. He’s probably been walking for a few months now, and may even be able to run quite well. With his newly found independence, he wants to explore his world, try new things, and see what he can get away with. This is probably best known as “testing”. Toddlers will often begin testing mommy and daddy to see what you will do, how far you will let them go, and when you will stop them.

This is the best time in your child’s life for setting boundaries and teaching them the consequences of crossing those boundaries. They want to know that mommy and daddy are close by, are there to protect them from harm and are there to guide them in the right direction.

They want to see how far they can go, and it’s up to you to help them learn that. Obviously they don’t realize or know that’s what they’re doing; it’s just a natural part of their childhood development.

Your two years old is also at a stage where she wants to communicate with you, but because she can’t quite do that clearly yet, she will tend to get frustrated.

Often this frustration will lead to an outburst of throwing themselves on the floor, biting, hitting or some other form of temper tantrum. Recognizing that your child