



Emotional Life of the Toddler

By Alicia F. Lieberman

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Although a number of books discuss the physical and cognitive abilities of the toddler, Alicia F. Lieberman's is the first to examine the varied and intense emotional life of children from ages one to three in *Emotional Life of the Toddler*.

Any parent who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Although there are any number of books that cover the physical and cognitive abilities of the toddler, Lieberman's is the first to offer an in-depth examination of the varied and intense emotional life of children from ages one to three. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they sometimes feel in the face of their toddler's unflagging obstinacy? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? With the help of numerous examples and vivid cases, Lieberman answers these and other questions, giving us, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

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Editorial Review

From the Publisher

Any parent who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Many books cover the physical and cognitive abilities of the toddler, but Lieberman's is the first to offer an in-depth examination of the varied and intense emotional life of children from ages one to three. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they sometimes feel in the face of their toddler's unflagging obstinacy? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? With the help of numerous examples and vivid cases, Lieberman answers these and other questions, giving us, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

Lieberman shows that the toddler is torn between the strong desire to remain close to the parent and the equally compelling drive to explore new and exciting surroundings. The author discusses how a child can be helped to achieve a balance between these conflicting desires, to feel both confident and outgoing as well as protected and comforted when necessary. Lieberman also provides fascinating new material on how children's different temperaments express themselves during the toddler years and how parents can better match their own temperaments to their child's. Particular attention is given to the shy child and the very active child at this age. In addition, Lieberman gives new Insights on how best to handle common toddler problems, such as sleep disturbances, sibling rivalry, and temper tantrums. She also provides invaluable information on the normal anxieties of this age and how to recognize when anxiety is excessive, needing special attention. Finally, she gives us a fresh, insightful picture of how toddlers typically handle the stress of their parents divorce and outside child care, and provide sensitive practical advice on easing the toddler through these transitions.

The Emotional Life of the Toddler is an invaluable resource for parents, clinicians, researchers, and child-care workers alike.

About the Author

Alicia Lieberman is Professor of Psychiatry at the University of California, San Francisco, and Senior Psychologist of its Infant-Parent Program. She is world-renowned for her work on mother-child attachment.

Users Review

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