



# **I Brake for Meltdowns: How to Handle the Most Exasperating Behavior of Your 2- to 5-year-old**

*Michelle Nicholasen, Barbara O'Neal*

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# I Brake for Meltdowns: How to Handle the Most Exasperating Behavior of Your 2- to 5-year-old

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Any parent of a toddler knows the drill: you're having a nice day with your child, then suddenly-meltdown! How to react? Or *not* react? *I Brake for Meltdowns* offers parents welcome relief: an annotated listing of all the exasperating things little kids do and step-by-step advice on how to handle each situation. From "Public Meltdowns" to "In Search of Sleep" to "Dinner Disasters," this book covers every bugaboo by category—including biting, teeth-brushing, refusal to wear a coat, and what to do when your youngster won't hug Aunt Marge. Handy action points, suggested language, and "Been There" sidebars point the way to resolution. Infused with funny, often commiserating advice, this is an invaluable resource for parents who try their darnedest but need a cheat-sheet for when they're stumped by their willful tots.

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