

Voices Are Not For Yelling Best Behavior

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Small Walt and Mo the Tow - Elizabeth Verdick 2018-10-30

“Rosenthal’s drawings feel like a contemporary take on [Virginia Lee] Burton’s spirit.” —The New York Times Book Review “Children ages 3–7 will rejoice as in Marc Rosenthal’s retro illustrations the little plow surges into action, rays of purposeful energy shooting off his red chassis.” —The Wall Street Journal “Delightful, retro artwork and clever text offer another tribute to teamwork and friendship...Three dynamic duos: Gus and Walt; Sue and Mo; Verdick and Rosenthal.” —Kirkus Reviews (starred review) Small Walt befriends a tow truck when he comes across a car in need of help in this irresistible companion to Small Walt, which Kirkus Reviews called “charming and endearing” in a starred review. We’re Gus and Walt We plow and we salt We clear the snow so the Cars can go! A bitter blizzard. A snowbound town. When a car skids off the road, Small Walt and Gus might not have what it takes to save the day on their own. But who does? Mo the Tow to the rescue! When we need a tow, We call on Mo... We can depend On our new friend! Text filled with onomatopoeia and Walt’s affirming chants make this story about friendship and accepting help from others a real winner.

Feet Are Not for Kicking - Elizabeth Verdick 2013-09-03

"Look at those feet! Aren't they sweet?" Yes—when they're walking, standing, leaping and landing. And when they're kicking balls or leaves.

But not when they're kicking people! In simple words and charming full-color illustrations, this book helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.

The Smart Classroom Management Way - Michael Linsin 2019-05-03

The Smart Classroom Management Way is a collection of the very best writing from ten years of Smart Classroom Management (SCM). It isn't, however, simply a random mix of popular articles. It's a comprehensive work that encompasses every principle, theme, and methodology of the SCM approach. The book is laid out across six major areas of classroom management and includes the most pressing issues, problems, and concerns shared by all teachers. The underlying SCM themes of accountability, maturity, independence, personal responsibility, and intrinsic motivation are all there and weave their way throughout the entirety of the book. Together, they form a simple, unique, and sometimes contrarian approach to classroom management that anyone can do. Whether you're an elementary, middle, or high school teacher, The Smart Classroom Management Way will give you the strategies, skills, and know-how to turn any group of students into the motivated, well-behaved class you love teaching.

Voices Are Not for Yelling - Elizabeth Verdick 2015-05-01

English-Spanish bilingual editions of titles in Free Spirit's popular Best Behavior series. The toddler years are full of growth and smiles and sweetness—but also tantrums. With toddlers, yelling, screaming, wailing, and flailing are a normal part of life. Very young children don't yet have the words to express strong feelings, and they're still learning social skills. This board book helps little ones understand why it's better to use an indoor voice—"so people hear the words and not the yelling"—and how to calm down and ask for help so they can get what they need. Also includes tips for parents and caregivers. The Best Behavior series uses simple words and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby-preschool, and a longer, more in-depth paperback for ages 4-7. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Worries Are Not Forever / Las preocupaciones no duran para siempre - Elizabeth Verdick 2021-01-18

New English-Spanish bilingual edition gives young children strategies to ease anxieties and worries and feel better again. Everyone feels worried or anxious at times, and young children are no exception. Friendly and supportive, this bilingual English-Spanish book explains what worries are and how it feels to be worried, assuring children that lots of kids—and grown-ups too—feel worried. Children learn that there are many ways to help their worries go away: "Guess what? You are bigger than your worries. You can learn to make your worries smaller and smaller and smaller." Talking about worries, moving around, keeping hands busy, breathing deeply, getting a big hug, and thinking good thoughts are all ways for children to cope with worries. A special section for adults in both languages offers activities and discussion starters for home, school, and child care. Best Behavior® Bilingual Series The Best Behavior® bilingual series uses simple words in English and Spanish and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby to preschool and a longer, more in-depth paperback

for ages four to seven. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Noses Are Not for Picking - Elizabeth Verdick 2014-10-01

We've all seen it—the nose-picking habit starts as early as the toddler years, and no child is the exception. Young children pick their noses for a variety of reasons, from colds to allergies to curiosity or boredom. This board book for toddlers and preschoolers is the answer to the age-old question "How can I get my child not to pick, especially not in public?" With gentle humor and kid-friendly support, this board book for toddlers and preschoolers helps guide little ones away from nose picking toward healthier habits, like using a tissue and washing their hands. Catchy words help children remember what to do; vibrant full-color illustrations bring the words to life. Throughout, the positive message shines through: noses are for breathing, sniffing, smelling . . . but not for picking!

Bedtime - Elizabeth Verdick 2010-05-01

Ease little ones into the get-ready-for-bed routine with this warm and cozy bedtime book. Aided by Mom and Dad, a sister and brother enjoy a little snack, relaxing baths, time for brushing teeth, stories, lullabies, back rubs, and hugs. Cheerful, soft illustrations and reassuring text set a tone that helps toddlers feel good about settling down to sleep. (As the narrator explains, "I do my best growing when I'm sleeping.") In the morning, the children will yawn, stretch, and be a little bit bigger, a little bit stronger, and a little bit smarter—all because of a good night's sleep. Includes tips for parents and caregivers.

Tails Are Not for Pulling - Elizabeth Verdick 2005-09-15

If pets could talk, what would they say? Maybe "Fur is for petting, backs are for scratching, noses are for nuzzling . . . and tails are not for pulling!" Toddlers and pets belong together—as long as toddlers don't chase, grab, squeeze, yank, and tease. In simple words and delightful illustrations, this book teaches the basics of kindness to animals: careful handling, awareness, safety, and respect. It also includes helpful tips for parents and caregivers.

Diapers Are Not Forever - Elizabeth Verdick 2008-08-10

Learning to use the potty takes patience and practice, and this charming, straightforward book helps pave the way. Young children learn how to use the potty and why it's time to do so, while gaining the courage and confidence to face this important milestone in their lives. When little ones learn to "do what the big kids do" (go, wipe, flush, wash their hands), they won't need a diaper anymore—they'll have underwear under there! Includes tips for parents and caregivers from a children's health specialist.

Archer's Voice - Mia Sheridan 2016-11-01

Fall in love with this emotional New York Times bestselling romance between two tortured souls who find their chance at happiness in the most unexpected way. I wanted to lose myself in the small town of Pelion, Maine. To forget everything I had left behind. The sound of rain. The blood. The coldness of a gun against my skin. For six months, each breath has been a reminder that I survived -- and my dad didn't. I'm almost safe again. But the moment I meet Archer Hale, my entire world tilts on its axis . . . and never rights itself again. Until I trespass into his strange, silent, and isolated world, Archer communicates with no one. Yet in his whiskey-colored eyes, something intangible happens between us. There's so much more to him than just his beauty, his presence, or the ways his hands communicate with me. On me. But this town is mired in secrets and betrayals, and Archer is the explosive center of it all. So much passion. And so much hurt. But it's only in Archer's silence that we might just find what we need to heal . . . and live. Includes an exclusive extended epilogue from Archer's POV! Named one of the "Top Romance Novels of All Time" by Goodreads! A New York Times, USA Today, and Wall Street Journal bestseller!

Voices Are Not for Yelling - Elizabeth Verdick 2015-03-24

As parents and teachers know, yelling comes naturally to children. This friendly, encouraging book, geared to preschool and primary children, introduces and reinforces where and when to use an indoor voice or an outdoor voice. Vivid illustrations

What to Do When You Feel Like Hitting - Cara Goodwin 2021-06-15
Teach toddlers safe ways to express big feelings Toddlers are still

learning how to speak, socialize, and understand their emotions. It's common for them to react with their hands when they get frustrated--but hitting is never okay. *What to Do When You Feel Like Hitting* helps toddlers understand why hitting is not allowed and shows them how to react to their feelings with actions that are safe and kind. This illustrated entry into no hitting books for toddlers features: Alternatives to hitting-- Kids will learn how to use "gentle hands" to squeeze a stuffed animal when they feel upset, scribble a picture to get out their frustration, and practice taking deep breaths to calm down. A light touch--The language is kid-friendly and positive, encouraging toddlers to understand and communicate their feelings, not just keep their hands to themselves. Engaging illustrations--Big, beautiful pictures help kids see the ideas in action and keep their attention on the page. Get the best in no hitting books for toddlers with a storybook that helps them learn empathy and compassion.

The Giggly Guide of How to Behave at School - Philippe Jalbert
2018-03-06

Mind your manners! Wondering what to expect on your first day of school? With 44 simple rules on how to behave, and how not to behave, at school, this giggly guidebook shows you exactly what it means to be the perfect student, and what happens when you're not... Giggles are sure to ensue, and kids and their parents will surely want the companion book of how to behave, too!

The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents) - Elizabeth Verdick 2015-01-05

This positive, straightforward book offers kids with autism spectrum disorders (ASDs) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day. Some children with ASDs are gifted; others struggle academically. Some are more introverted, while others try to be social. Some get "stuck" on things, have limited interests, or experience repeated motor movements like flapping or pacing ("stims"). *The Survival Guide for Kids with Autism Spectrum Disorders* covers all of these areas, with an emphasis on helping children gain new self-

understanding and self-acceptance. Meant to be read with a parent, the book addresses questions ("What is ASD?" "Why me?") and provides strategies for communicating, making and keeping friends, and succeeding in school. Body and brain basics highlight symptom management, exercise, diet, hygiene, relaxation, sleep, and toileting. Emphasis is placed on helping kids handle intense emotions and behaviors and get support from family and their team of helpers when needed. The book includes stories from real kids, fact boxes, helpful checklists, and resources. Sections for parents offer additional information.

Germs Are Not for Sharing - Elizabeth Verdick 2006-01-15

Sneezes, coughs, runny noses, spills, and messes are facts of everyday life with children. And that's why it's never too soon to teach little ones about germs and ways to stay clean and healthy. This book is a short course for kids on what germs are, what they do, and why it's so important to cover them up, block them from spreading, and wash them down the drain. Simple words complement warm, inviting, full-color illustrations that show real-life situations kids can relate to. A special section for adults includes ideas for discussion and activities.

Peaceful Parent, Happy Siblings - Laura Markham 2015-05-05

Popular parenting expert Dr. Laura Markham, author of PEACEFUL PARENTS, HAPPY SIBLINGS, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. PEACEFUL PARENT, HAPPY SIBLINGS includes hands-on, research-based advice on:

- Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more.
- Fostering a loving family culture that encourages laughter and minimizes

fighting

- Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others
- Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

Teeth Are Not for Biting - Elizabeth Verdick 2003-04-15

"Crunch crunch crunch. Teeth are strong and sharp. Crunch crunch crunch. Teeth can help you chew. But teeth are not for biting. Ouch! Biting hurts." Sooner or later, almost all young children will bite someone—a friend, a parent, a sibling. This upbeat, colorful, virtually indestructible book helps prevent biting and teaches positive alternatives. The companion to our best-selling Hands Are Not for Hitting Board Book, Teeth Are Not for Biting gives reasons why children might want to bite. Little mouths feel sore when new teeth come in; sometimes kids bite when they're hungry, tired, cranky, frustrated, angry, bored, distressed, or seeking attention. Author Elizabeth Verdick suggests positive things children can do instead of biting: chew a chewy toy, drink a cold drink, get a hug, tell a grown-up. This book also includes helpful tips for parents and caregivers.

A Marriage Proposal - Anton Pavlovich Chekhov 1942

The story tells of the efforts of a nervous and excitable man who starts to propose to an attractive young woman, but who gets into a tremendous quarrel over a boundary line.

Yell Less, Love More - Sheila McCraith 2014-10-01

Do you often find yourself losing your cool and yelling at your kids? It happens to us all, but it doesn't have to. With *Yell Less, Love More* you'll learn practical, simple solutions to keep you focused on loving more and yelling less, no matter what the circumstance. It is possible to change and enjoy a calmer life because of it! Take the Orange Rhino 30-day challenge to yell less. In this guidebook to happier parenting, author Sheila McCraith shares daily thoughts, tips, and motivational personal stories to help you toss out the screams and welcome in the peace.

Whether you have one child or twenty (or one you still yell at who is

twenty), strengthen your relationships and maybe even laugh a little more--by taking the challenge today. **The Rhino:** A naturally calm animal that charges when provoked. **The Orange Rhino:** A person that parents with warmth and determination and who doesn't charge with words when angry, impatient, or simply in a bad mood.

Pacifiers Are Not Forever - Elizabeth Verdick 2007-07-25

For many young children, giving up the pacifier is a major milestone. This board book offers warm, comforting words and pictures to ease the transition and make it a positive experience for kids and grown-ups alike. The focus is on minimizing stress and drama, dealing with feelings of loss and frustration, finding fun things to do without a pacifier, and finally being pacifier-free. Includes helpful tips for parents.

How to Take the Grrrr Out of Anger - Elizabeth Verdick 2015-04-30

Kids need help learning how to manage their anger. Blending solid information and sound advice with humor and lively illustrations, these anger-management tips guide kids to understand that anger is normal and to learn they can express it in healthy ways. The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media. Young readers learn that cruelty and violence are not acceptable and there are safer, more positive ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources when they need more support.

Peaceful Parent, Happy Kids - Laura Markham 2012-11-27

A groundbreaking guide to raising responsible, capable, happy kids. Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their

own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

Waiting Is Not Forever - Elizabeth Verdick 2020-12-22

With the newest paperback addition to the Best Behavior® series, children develop strategies to make waiting less frustrating and learn that patience is a virtue. Children are often waiting—for the school bus, their turn on the slide, or their birthday—and waiting can be frustrating! But learning to be patient and developing self-control will equip children with tools for success in school and in social settings. With vivid illustrations and simple strategies, this reassuring book helps children learn to delay gratification and make waiting more fun without relying on electronics. With her trademark mix of empathy and encouragement, author Elizabeth Verdick provides activities and ideas for children—like observing the world around them, inventing new games, and anticipating what's to come—that can be adapted for any situation. In this addition to the best-selling Best Behavior series, children will learn how to avoid boredom and replace whining words with waiting words: “This will be worth the wait!” A section for adults includes tips and activities to foster patience in children. Best Behavior® Series The Best Behavior® series uses simple words and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby to preschool, and a longer, more in-depth paperback for ages four to seven. Bilingual board books and paperback editions are available for select titles. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Hands Are Not for Hitting - Martine Agassi 2014-09-10

It's never too soon for children to learn that violence is never okay, hands can do many good things, and everyone is capable of positive,

loving actions. In this bright, inviting, durable board book, simple words and full-color illustrations teach these important concepts in ways even very young children can understand. Created in response to requests from parents, preschool teachers, and childcare providers, this book belongs everywhere young children are. Includes tips for parents and caregivers.

Voices Are Not for Yelling - Elizabeth Verdick 2015-05-01

As parents and teachers know, yelling comes naturally to children. This friendly, encouraging book, geared to preschool and primary children, introduces and reinforces where and when to use an “indoor voice” or an “outdoor voice.” In classic Best Behavior style the author tells young readers, “Your voice is a powerful tool. How you use it is up to you.” Vivid illustrations show the times and places for an indoor voice, the ways people ask us to quiet our voices, and times when yelling might occur. “What happens if you’re mad or frustrated or really, really excited? Your voice gets louder and LOUDER.” But yelling hurts people’s ears and feelings. Children learn that they can quiet their voice and use their words to talk about a problem. “Think before you yell, and use your words well!” Includes a special section for parents and caregivers with activities and discussion starters. The Best Behavior series uses simple words and delightful full-color illustrations to guide children to choose peaceful, positive behaviors. Select titles are available in two versions: a durable board book for ages baby-preschool, and a longer, more in-depth paperback for ages 4-7. Kids, parents, and teachers love these award-winning books. All include helpful tips and ideas for parents and caregivers.

Little Tiger is Loud - Susan Hood 2008-07-01

Toby, a baby tiger, speaks very loudly at school and at home at both appropriate and inappropriate times, in a book encouraging readers to determine the correct circumstances to speak loudly or softly.

Words Are Not for Hurting / Las palabras no son para lastimar - Elizabeth Verdick 2009-04-01

With gentle encouragement, this book teaches children that they can think before speaking, choose what to say and how to say it, and find

positive ways to respond when others use unkind words. The importance of saying “I’m sorry” is reinforced. Includes tips for parents and caregivers.

Bounceback Parenting - Alissa Marquess 2018-04-24

Looking for more connection with your kids--and more fun, too? Welcome to the Bounceback Parenting League! This insightful and empowering book is more than just another parenting guide. It's a playbook filled with simple yet powerful "secret missions" for parents who want to recharge, refresh and restart in a positive new way. Filled with simple challenges, journal prompts with room to write, and inspiring advice to try today, this is a game-changing resource for overwhelmed moms and dads everywhere. Get ready for your first mission....

Little Monkey Calms Down - Michael Dahl 2014-11-01

Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down.

Ask a Manager - Alison Green 2018-05-01

From the creator of the popular website Ask a Manager and New York’s work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you

work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Sharing Time - Elizabeth Verdick 2009-08-01

Sometimes it’s fun to share, and sometimes it’s hard. This book offers toddlers simple choices (take turns, use the toy together, wait for another time) to make sharing easier, and shows them where to turn for help when sharing is difficult. Little ones learn that sharing can mean double the fun—and sharing a while can make someone smile! Includes tips for parents and caregivers.

Bye-Bye Time - Elizabeth Verdick 2008-08-10

An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Being dropped off at childcare or cared for by a baby-sitter means saying good-bye to Mom or Dad—and for many toddlers, bye-bye is a big deal. This gentle book helps ease the transition with simple rituals: hugs and kisses, a big wave, a deep breath, and the confidence to seek comfort with the new caregiver or other children. Toddlers learn that good-bye isn’t forever, it’s just for a while. Part of the Toddler Tools series, *Bye-Bye Time* can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

Decibella and Her 6-Inch Voice - Julia Cook 2018-01-23

Isabella shouts out her every thought. She uses her loud voice so much,

everyone calls her “Decibella.” Isabella soon learns the “five volumes” of voice. With patience and a little practice, she learns what volume is appropriate for every situation.

Listening Time - Elizabeth Verdick 2008-11-15

“Put away the wiggles. Put away the giggles. Listening works better when your body’s calm and still.” When it’s time for young children to listen closely, this book sets the tone. They discover that it’s important to open their eyes and ears but to close their mouths (“zip it, lock it, put it in your pocket”) so good listening can begin. An award-winning author/illustrator team offers a fresh look at the times and transitions all toddlers face daily, giving young children the tools to handle routines with confidence and cooperation. Part of the Toddler Tools series, *Listening Time* can be shared before (or during) the desired “time,” or whenever toddlers need encouragement with routines. Includes tips for parents and caregivers.

What If Everybody Did That? - Ellen Javernick 2010

A child learns that there are consequences for thoughtless behavior, from feeding popcorn to a bear at the zoo to dropping an empty can out of a car window.

I Am Using My Inside Voice! - Make Believe Ideas 2017-08-07

This is a delightful story that encourages young children to moderate the volume of their voice to suit the situation. The book features Puppy Pip, a lovable character that has been created especially by Dawn Machell to engage and entertain young children.

My No No No Day - Rebecca Patterson 2012-04-26

Readers will say, “Yes, yes, yes!” From the moment Bella wakes up, her day goes wrong. She hates her breakfast egg, she won’t share, she has a hurting foot, her supper is too hot, and her bath is too cold. And then it’s no, no, no to bedtime. But at last a yawn, a story, and a kiss from mother end the day, with the promise of a cheerful tomorrow. Every parent, teacher, and caregiver will respond to this hilariously accurate portrait of one toddler with a case of the Terrible Twos!

Manners Time - Elizabeth Verdick 2009-08-01

Manners start with a smile—then you add the words. There are polite

words to use when you greet someone, ask for something, or (oops!) make a mistake. There's even a nice way to say no. This book gives toddlers a head start on manners, setting the stage for social skills that will last a lifetime. Includes tips for parents and caregivers.

Calm-Down Time - Elizabeth Verdick 2010-05-01

Every parent, caregiver—and toddler—knows the misery that comes with meltdowns and temper tantrums. Through rhythmic text and warm illustrations, this gentle, reassuring book offers toddlers simple tools to release strong feelings, express them, and calm themselves down.

Children learn to use their calm-down place—a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-up's arms, talk about feelings, and breathe: "One, two, three . . . I'm calm as can be. I'm taking care of me." After a break, toddlers will feel like new—and adults will, too. Books include tips for parents and caregivers.

Screen Time Is Not Forever - Elizabeth Verdick 2021-12-22

Children learn boundaries and safety when using screens, and fun things to do when screens are off. As important as screens are in our lives, we all need to unplug, especially children. This reassuring picture book offers children and families a starting point for limiting screen time and making the most of the time you have with your screens and without.

While screens can be helpful and fun, they are not intended for use all the time. The American Academy of Pediatrics recommends consistent limits on screen time for children, and adults should take steps to ensure online safety for kids. With straightforward suggestions, children will learn valuable information about online safety, setting healthy screen-time boundaries, and the importance of screen-free time. With her trademark mix of empathy and encouragement, author Elizabeth Verdick offers appealing and healthy alternatives to using screens, as well as ways to stay safe and happy when online. Illustrator Marieka Heinlen's active and vibrant illustrations of young children interacting with their caregivers and families bring the activities and suggestions for screen-free fun to life. A section for adults at the end of the book includes information on the effects of too much screen time and suggestions for establishing screen-time boundaries. Best Behavior® Series Simple words and lively full-color illustrations guide children to choose positive behaviors. Select titles are available in two versions: a durable board book for ages 1-4 and an expanded paperback for ages 4-7. Bilingual board book and paperback editions of select titles also are available. Kids, parents, and teachers love these award-winning books. All include helpful tips for teachers, caregivers, and parents.