



The Toddler Years: Growth and Development from 1 to 4 Years

Paulien Bom, Machteld Huber

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After the challenges of the baby's first year, many parents feel that things will settle down. However, just the opposite is normally true. After the first year and up to the age of four, toddlers bring with them numerous challenges for parents.

This practical guide takes a holistic approach to the growth and development of toddlers. Written by doctors involved in both conventional and anthroposophic medicine, *The Toddler Years* deals with all aspects of child care through the age of four. Broken into short, comprehensive chapters that span the different periods of development, the authors discuss issues such as eating, diet, and growth; common ailments; behavior and discipline; personality; and the development of creative and practical skills.

For first-time parents of a toddler, this book is an ideal reference in tricky situations. Veteran parents may find its alternative, holistic approach refreshing compared to texts that are more conventional.

The Toddler Years is an excellent companion to *Baby's First Year* and the bestselling *Guide to Child Health*.

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