



# Emotional Life of the Toddler

*Alicia F. Lieberman*

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## **Emotional Life of the Toddler** Alicia F. Lieberman

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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