



## Is Your Toddler Running Wild?

by Father Steven E. Boes

(NAPSA)—I can't count the number of times I've been in a restaurant or at a grocery store and heard the scream of an angry or unhappy toddler. Though I usually give the parent a sympathetic look, I also send a quick prayer to God for that struggling parent.



**Father Boes**

For those of you who have small children, life can be tough. I'm sure you've been on your own hot seat in a crowded restaurant or experienced your own meltdown in the frozen foods section when your toddler decided to cut loose. But there is hope, and Boys Town's Dr. Thomas Reimers can help.

In his new book, "Help! There's a Toddler in the House!," Dr. Reimers provides parenting strategies to correct and cope with most of the common behavior problems of 2- to 6-year-olds. Each chapter

examines a specific problem, like tantrums, and provides techniques to rein in, correct and prevent the problem from reoccurring.

You can visit [www.boystown.org/toddler](http://www.boystown.org/toddler) for tips from Dr. Reimers on how to effectively use the word "No" in your home with your little one. There's also a video in which he discusses handling tantrums and toilet training, creating structure, using time-out and promoting appropriate mealtime behaviors.

By implementing these proven strategies with your children, you can make positive changes in their behavior and create a happier, healthier (and quieter) life for your whole family. You'll turn the sympathetic looks and startled stares of strangers in public places to smiles and nods of approval.

• *Father Boes is president and national executive director of Boys Town, which has been saving children and healing families for more than 90 years.*