



ONE AND TWO

PARENTING THROUGH THE
"I CAN DO IT" PHASE

FREE SAMPLER

REGGIE JOINER & KRISTEN IVY

We hope you enjoy this complimentary sample of *One and Two: Parenting Through the "I Can Do It" Phase*, by Reggie Joiner and Kristen Ivy.

This sample contains the introduction, a portion of the first section of the book, and information about the book, the authors, and its contributors.

Available at OrangeStore.org and Amazon May 2016.

To read more about the Phase Project, visit JustAPhase.com.

Visit OrangeBooks.com for other books for parents and leaders.



YOU HAVE APPROXIMATELY
884 WEEKS FROM
YOUR CHILD'S FIRST
BIRTHDAY UNTIL THE DAY
THEY GRADUATE AND
MOVE OUT.

**“TEACH US TO NUMBER OUR DAYS
(OR MAYBE WEEKS)
THAT WE MAY GAIN A HEART OF WISDOM.”**

PSALM 90:12

ONE AND TWO PARENTING THROUGH THE "I CAN DO IT" PHASE

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ONE AND TWO



**PARENTING THROUGH THE
"I CAN DO IT" PHASE**

REGGIE JOINER & KRISTEN IVY

ENDORSEMENTS

“Parents who are trying to decide if they have what it takes will find encouragement, humor, and expertise in these pages from Kristen Ivy and Reggie Joiner. With practical advice for parents at any experience level, this guide to the Zero to One Phase will make life a little easier and make the big picture a lot brighter.”

SHERRY SURRATT
CEO, MOPS INTERNATIONAL, AUTHOR, AND GRANDMOTHER

“Not only is the *It’s Just A Phase* series of books the most creative and well thought out guide to parenting I have ever encountered, these books are ESSENTIAL to my *daily* parenting. With a 13-year-old, 11-year-old, and 9-year-old at home, I am swimming in their wake of daily drama and delicacy. These books are a reminder to enjoy every second. Because it’s just a phase.”

CARLOS WHITTAKER
AUTHOR, SPEAKER, AND FATHER OF THREE

“There’s nothing more precious than a newborn baby, but as a parent you might soon begin to wonder what you have gotten yourself into. Reggie and Kristen not only show us what to expect during the first year of a baby’s life, but they give us some everyday ideas so we don’t miss the magic of a single moment. This is the beginning of something wonderful!”

SUE MILLER
EXECUTIVE DIRECTOR OF PRESCHOOL STRATEGY FOR
ORANGE, AUTHOR, SPEAKER, AND VOLUNTEER MOTIVATOR

“We all know where we want to end up in our parenting, but how to get there can seem like an unsolved mystery. Through the *It’s Just a Phase* series, Reggie Joiner and Kristin Ivy team up to help us out. The result is a resource that guides us through the different seasons of raising children, and provides a road map to parenting in such a way that we finish up with very few regrets.”

SANDRA STANLEY
FOSTER CARE ADVOCATE, BLOGGER, WIFE TO ANDY STANLEY,
AND MOTHER OF THREE

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PHASE:
A TIMEFRAME
IN A KID'S LIFE WHEN YOU CAN
LEVERAGE
DISTINCTIVE OPPORTUNITIES TO INFLUENCE
THEIR FUTURE

ONE — AND — TWO

THE PHASE WHEN NOBODY'S ON TIME,
EVERYTHING'S A MESS, AND ONE
EAGER TODDLER WILL INSIST,
"I CAN DO IT."

EXPECT TO BE LATE DURING THIS PHASE.

Maybe you had to wait for your toddler to "do it myself" (just try and stop them). Or maybe they impressively overflowed a clean diaper just as you got into the car. Whatever the reason, this phase will make even the most punctual adult miss the mark occasionally.

YOU CAN ALSO LOOK FORWARD TO A FEW FASHION STATEMENTS.

Expect a few mismatched outfits, magic marker tattoos, sticker collages, and other various states of creative expression. In this phase, you will choose not only your battles, but also which messes will just have to be tolerated.

THE GREATEST TENSION OF THIS PHASE CAN BE SUMMED UP IN THE PHRASE "I CAN DO IT."

Your toddler's struggle for independence has begun. You feel it the first time they try to feed themselves and dump applesauce down the front of their shirt. Just remember, they're not only learning new skills, they're also developing the confidence they need in order to move on to the next phase.

IT'S JUST
A PHASE



SO DON'T
MISS IT

ONE AND TWO THE BEST PHASE

BY SHERRY SURRETT

I'm not sure what captivates me more . . . the spontaneous belly laugh or the drooly-mouthed wonder on their angelic face. I can fall in love with a one-year-old faster than they can stink up a room with a saggy diaper. The cherub cheeks and adorably fat thighs draw me in, almost enough to make me overlook their incessantly snotty nose and the permanent marker drawing on the wall. Almost.

It's the mess that gets me. Their little fingers are drawn like magnets to anything they can break or mangle. The moment their fingers become sticky-gooney, an internal signal screams somewhere in their little bodies, *Wipe yourself on something clean and white. Right now!*

Sitting at the dinner table, I see the same look on my granddaughter Mollie's face that I saw on her daddy's face so many years ago. It's the look of curiosity that drives a toddler to snatch and smear, squish, then shriek with delight. I glance across to see the look on her mom's face. It reads, *Could I just eat a meal without being completely grossed out, maybe while the food is still reasonably warm?*

It's hard to believe, but yes, that day will come. But not until Mollie has discovered how much pasta her ears will hold or what a bowl of applesauce feels like as it drips down her face, neck, and eventually, to the floor.

Sweet discovery is what this phase is made of. It's what makes patience and endurance such prized commodities for the parent of this age. You are helping your toddler navigate the mess of discovery.



During this phase, your brilliant bundle of exhaustless energy will climb her first stairs, say her first sentence, and begin to test her independence—independence that will be illustrated with piercing shrieks, tantrums, and that foreboding, vehement word: “No!”

But within the mess is an indescribable joy. He just toddled his first Frankenstein steps, three in a row, boasting the proud look of an astronaut landing on the moon. She just grabbed a crayon and scribbled her first work of art. Your darling can identify his nose and eyes and ears on command to rousing applause, and you are certain he has the makings of a brain surgeon.

Sweet joy and pride so big it hurts—this is what wells up in the hearts of moms and dads as they watch their one- and two-year-old develop into a little person with opinions and intellect and personality. And as you gaze, you begin to realize what this really means. Not only do you get a ringside seat to watch the beauty of potential form right before your eyes, but you get the joy of helping influence, train, and build who your child will become. Just remember: There will come a day when your once-helpless baby bathes and dresses and feeds himself, but the journey to get there comes with just a little mess along the way.

Sherry Surratt

President and CEO of MOPS International, Speaker, Author, & Grandmother

EVERY TODDLER



IS UNIQUE



SOME USE VERY FEW WORDS.
SOME NEVER. STOP. TALKING.

SOME DEMAND TO BE CARRIED.
SOME RUN SO FAST YOU CAN'T KEEP UP.

SOME TAKE A TWO-HOUR NAP EVERY AFTERNOON.
SOME HAVE TO BE BARRICADED IN THEIR ROOM FOR A TEN-MINUTE QUIET TIME.

SOME ALWAYS POOP IN THE BIG POTTY.
SOME PREFER A SQUISHY DIAPER.



SOME TODDLERS TASTE THEIR PLAY DOH® WHEN YOU AREN'T LOOKING.
(OKAY, SO WE'RE PRETTY SURE ALL OF THEM DO THAT.)

SOME HAPPILY EAT QUINOA AND ARTICHOKEs.
SOME GO ON A HUNGER STRIKE IF IT'S NOT A CHICKEN NUGGET.

↓
SOME WEAR ANY OUTFIT YOU CHOOSE.
↓
SOME WEAR ANY OUTFIT THEY CHOOSE.
↓
SOME REFUSE TO WEAR PANTS IN THE HOUSE.

EVEN WITH UNIQUE TODDLERS—WHICH YOURS MOST CERTAINLY IS—MOST TODDLERS AT ONE AND TWO HAVE A FEW THINGS IN COMMON. THIS BOOK WILL SHOW YOU THE CHARACTERISTICS THEY SHARE SO YOU CAN MAKE THE MOST OF THE "I CAN DO IT" PHASE.

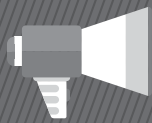
REMEMBER:
WE HAVEN'T MET YOUR TODDLER.

THIS BOOK IS JUST ABOUT A LOT OF TODDLERS.

FOR
SOME



SOUNDS LIKE



THINGS YOU

MIGHT SAY ...

IS THAT RICE
OR **SNOT**?

JUST TRY THIS
ONE BITE.

DON'T SIT
ON THE CAT.

THAT'S NOT YOUR FOOD. IT'S FOR THE DOG.
(THAT'S YOUR FOOD. IT'S NOT FOR THE DOG.)

POOP
ISN'T
PAINT.

WHY IS THIS
DIAPER
UNDER MY PILLOW?

DON'T PUT
THAT IN YOUR
MOUTH.

THE BATHTUB
ISN'T FOR
POOPING.

THINGS THEY MIGHT SAY ...

WHY IS MY PHONE CHARGER
IN THE BOX OF GOLDFISH
CRACKERS?

STOP!
WE LEFT THE PACI.

MY
BULZODER

GOOD
PSGETTI!

I LOB YOU

EAT MARSHPILLOW

USE YOUR WORDS.

WHY IS IT SO QUIET?

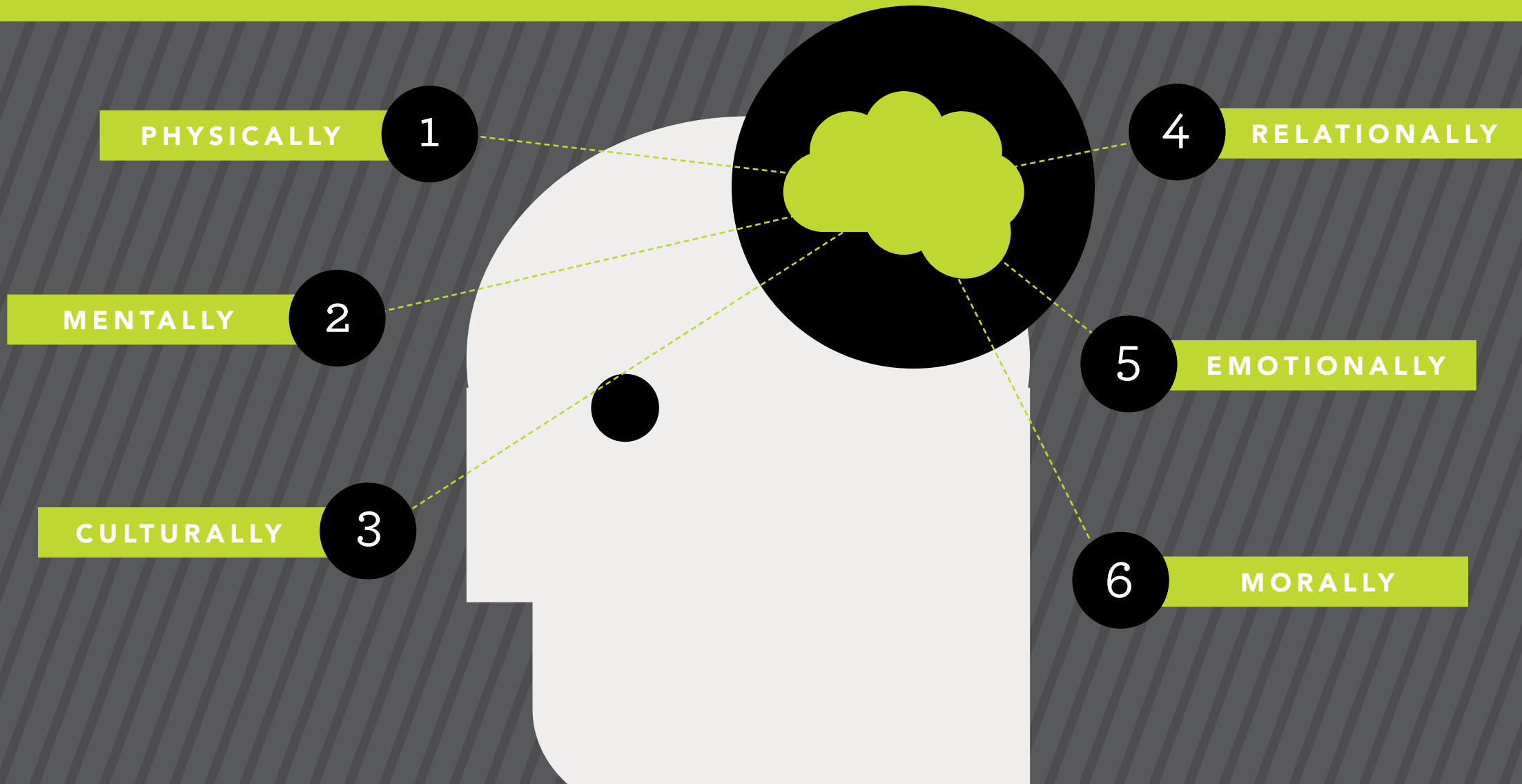
PLAY
HIGH-PAD

AGAIN!

UNDERSTAND

THE SIX WAYS YOUR

TODDLER IS CHANGING



884



WEEKS

You have approximately 884 weeks from the time your child turns one until the day they graduate and move out.

The weeks won't look the same.

Your child is constantly changing.

In the first years of your child's life, it may seem as if they change so often you will never keep up. Do they require two naps or one? Can you feed them peanut butter yet? When can they start eating whole grapes? As a parent, one of your roles is to rediscover your child in each phase—to pay attention to the changes. to notice the shifts. to understand what is new.

Kids in every phase are changing in six ways. By exploring the changes, you might be just a little less shocked, a little less anxious, and even more fascinated by who they are and how they perceive the world.

This section won't solve your most pressing parenting questions—like how to keep your toddler out of the dog's water dish. The next sections will be more practical. First, we want to re-introduce you to the changing human in your home.

**SO DON'T MISS
THE PRESENT
REALITIES OF ...**

**ONE
AND
TWO**



one

WHAT'S CHANGING PHYSICALLY

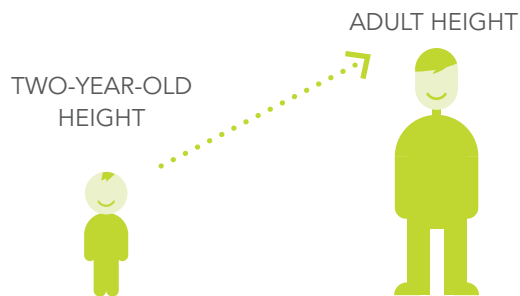
You can't believe it now, but by the end of this phase you will struggle to remember what your one-year-old looked like on his first birthday. Almost-bald babies grow their first wispy curls of hair. Two-tooth smiles turn into rows of tiny teeth. And pudgy thighs lose their baby rolls as your mostly immobile bundle of joy moves from wobbly toddles to a steady walk and then an all-out run.

While it may seem like these changes happen overnight, they are actually happening week by week, month by month, season by season.

YOUR TODDLER'S SIZE IS CHANGING

Your toddler isn't growing as quickly as she did as a baby. But that doesn't mean she isn't growing. In these two years, your toddler may grow roughly eight inches and gain over ten pounds. That's a 25 percent gain in height and 50 percent gain in weight!

By two years old, children have achieved about half of their adult height.



If you're curious or anxious about your little one's growth, visit your pediatrician. Well-checks are an important part of monitoring your child's development. Between checkups, you can compare your child's growth to her corresponding growth chart from the World Health Organization.¹

YOUR TODDLER'S PROPORTIONS ARE CHANGING

Your baby's body, once perfectly suited for crawling, is becoming the body of a delightfully scrappy toddler. His head, which is approximately 80 percent of its adult size, will slow in growth.² His body fat, which peaked around his first birthday, is decreasing. His round little belly is disappearing as he develops muscle tone and posture. You might just get a taste of that emerging muscle tone if you try to wrestle a mid-tantrum fifteen-month-old into the car against their will.

Toddlers, pound for pound, are stronger than an ox, particularly their legs.

YOUR TODDLER'S MOVEMENTS ARE CHANGING

Your toddler may not have the reflexes of a world-class sprinter. She might have slightly less agility and coordination than a member of the national soccer team. But even if she simply watches a ball as it rolls past, don't discount her athletic ability just yet.

The average toddler accomplishes some significant "firsts" in this phase.

- » Walks without assistance (12-15 months)
- » Walks backwards and sideways (15-18 months)
- » Scribbles with crayons (15-18 months)
- » Walks up and down stairs (18-24 months)
- » Jumps in place (18-24 months)
- » Throws a ball overhead (24-36 months)
- » Briefly stands on one foot (24-36 months)
- » May demonstrate hand preference (24-36 months)

If you haven't already baby proofed your home, now is a good time to start. You don't have to purchase every gadget on the market, but you should cover the electrical outlets and lock up the cleaning supplies.



two

WHAT'S CHANGING MENTALLY

It doesn't take a Ph.D. in neuroscience to notice that your toddler's brain is growing fast. She is learning a language, discovering how to use new tools (like a spoon), and following simple directions. Your toddler doesn't have a disproportionately large head for nothing.

AT BIRTH

AGE 2-3

At birth, the number of synapses (connections between the brain cells) is 2,500 per neuron. But by age two or three it's about 15,000 per neuron.³



YOUR TODDLER IS SMARTER THAN YOU THINK

You could easily argue that your toddler is the smartest member of your family. Their brain, which was only 25 percent of its adult volume at birth, will grow to 80 percent of its adult volume by their third birthday.⁴ And, as if that wasn't enough, brain connections called synapses form faster in this phase than at any other time in life. By their third birthday, your budding genius will have approximately twice as many synapses in her brain as you have in yours—something that allows her brain to take in information more efficiently than any other non-three-year-old in your family.⁵

In spite of all that growth, you may notice your brainy toddler still struggles to grasp certain concepts.

Generally speaking, toddlers . . .
 have difficulty separating fact from fiction.⁶
 don't distinguish thoughts from reality.⁷
 don't connect the process with the outcome.⁸
 (i.e. *It's the same cookie; I just cut it in half.*)

This may make it difficult to reason with your two-year-old. At times she doesn't see things the way you see them because her brain works very differently than yours.

YOUR TODDLER THINKS LIKE AN ARTIST

Toddlers are not rational, logical thinkers. Instead, these little artists rely on their limited experiences to create general impressions of the world. But even though toddlers makes frequent errors in judgment, you can help them learn when you . . .

ENGAGE THEIR SENSES

Below are four ways to engage your toddler's senses and help him learn.

1. TODDLERS LEARN BY DOING

A dancer learns to dance by dancing. A pianist learns by playing. A sculptor learns by sculpting. And your toddler learns just about everything by doing. They learn . . .

- noodles drop to the floor —————> by dropping them.
- fur is attached to the dog —————> by pulling it.
- metal things taste tangy —————> by tasting them.

A toddler's brain grows when they use all five senses.⁹ The world is their stage, their instrument, and their canvas. So, they learn best with a little movement, a little music, and a lot of mess.

2. TODDLERS LEARN IN THE PRESENT

As you appeal to your little artist's senses, remember this: What appears to be true right now is the only thing that is true for your toddler. In fact, the only part of her memory that works as efficiently as yours is her "sensory-memory," and that only holds information for a fraction of a second.¹⁰

3. TODDLERS LEARN IN CATEGORIES

Imagine your artist has a row of buckets he uses to hold his art supplies. In this phase, learning happens when he discovers the characteristics that allow him to sort things. Help your toddler learn by providing opportunities to sort things into categories like . . .

hot / cold
big / little
fast / slow

4. TODDLERS LEARN WITH WORDS



The typical chatty two-year-old adds five new vocabulary words every day.¹¹

One of the greatest characteristics of the one- and two-year-old phase is the speed at which they learn words. We will talk more about how to specifically increase your toddler's vocabulary in the next section. But for now remember this: **No matter how chatty or reserved your toddler seems, she can understand a great deal more than she can say, and she's learning fast.**



TODDLER TALK

| AGE | WHAT THEY SAY |
|-------------|--|
| 12 MONTHS | <p>"FIRST WORDS"</p> <p>Pronounces all vowels and about half of the consonant sounds, and says one to four first words—although you may have to translate them</p> |
| 18 MONTHS | <p>NAMING</p> <p>Points to objects when you name them, often uses body language to communicate, and says 10-50 words—mostly one-syllable nouns that are still more recognizable to parents than strangers</p> |
| 2 YEARS | <p>TWO WORD SENTENCES</p> <p>Says 40-200 words including action words such as <i>go</i>, pronouns like <i>me</i>, and a few words that describe size and location like <i>little</i> and <i>under</i></p> <p>Sometimes says two-word sentences</p> |
| 2 1/2 YEARS | <p>THREE WORD SENTENCES</p> <p>Says approximately 300 words including a few articles such as <i>the</i>, and prepositions like <i>on</i>, and beginning to use (sometimes incorrectly) plurals, possessives, and verb tenses.</p> <p>Able to whisper and forms three-part sentences such as: "<i>Me do it.</i>"</p> |
| 3 YEARS | <p>GROWING GRAMMAR</p> <p>Has a word for just about everything and is becoming easier to understand</p> <p>Answers <i>What?</i> <i>Where?</i> and <i>Why?</i> questions, and says their name and age when asked</p> |

WHAT'S COMING UP



NEXT



ONE OF THE JOYS OF PARENTING IS THE MANY SURPRISES THAT GREET YOU AROUND EVERY CORNER.

WE CAN'T PREPARE YOU FOR ALL THE JOYS THAT AWAIT YOU IN THE NEXT PHASE, BUT WE CAN GIVE YOU A GLIMPSE OF A FEW THINGS THAT MIGHT HELP YOU ANTICIPATE WHAT'S COMING.



- » MEETING YOUR CHILD'S BEST FRIEND—WHO HAPPENS TO BE IMAGINARY
- » PLAYING YOUR FIRST BOARD GAME TOGETHER
- » TEACHING YOUR CHILD TO RIDE A TRICYCLE
- » GOING TO SEE A MOVIE IN A MOVIE THEATER
- » READING A BOOK WITH A PLOT YOU ACTUALLY ENJOY
- » CHECKING UNDER THE BED FOR MONSTERS
- » DISCOVERING YOUR PRESCHOOLER LOVES THAT POP SONG YOU HATE
- » DISCOVERING YOUR PRESCHOOLER NOW "HATES" EVERY SINGLE KIND OF FOOD
- » DRESS UP/IMAGINARY PLAY
- » COVERING YOUR FRIDGE WITH PRICELESS ART INCLUDING PORTRAITS OF YOUR ENTIRE FAMILY . . . "THAT'S YOU MAMA."
- » YOUR PRESCHOOLER DRESSING HERSELF—IN THE OUTFIT SHE CHOSE.
- » EVEN WORSE TEMPER TANTRUMS
- » TAKING YOUR PRESCHOOLER TO THEIR FIRST DENTIST APPOINTMENT
- » IMPROVING YOUR NEGOTIATING SKILLS EVERY NIGHT AROUND BEDTIME
- » BEDWETTING

IN ONLY

52

WEEKS

THE

"I CAN DO IT"

PHASE WILL BEGIN TO FADE INTO THE PAST.

YOU WILL BEGIN TO DISCOVER A NEW PHASE WITH A WHOLE NEW SET OF

PRESENT REALITIES

DISTINCTIVE OPPORTUNITIES

AND

FUTURE IMPLICATIONS



SO, MAKE THE MOST OF THIS PRESENT PHASE BECAUSE BEFORE YOU KNOW IT, YOU WILL FIND YOURSELF FACING A NEW PHASE.

IN NOT SO MANY WEEKS YOU MAY DISCOVER YOU ARE LIVING WITH A CURIOUS PRESCHOOLER WHO REALLY WANTS TO KNOW

"WHY?"

AUTHORS



REGGIE JOINER

Reggie Joiner, founder and CEO of the reThink Group, has journeyed through the phases with four kids of his own. He and his wife Debbie raised Reggie Paul (RP), Hannah, Sarah, and Rebekah. Now they have two grandchildren, Abigail and Miles, both in the Zero to One phase at the release of this book.

The reThink Group (also known as Orange) is a non-profit organization whose purpose is to influence those who influence the next generation. Orange provides resources and training for churches and organizations that create environments for parents, kids, and teenagers.

Before founding the reThink Group in 2006, Reggie was one of the founders of North Point Community Church. During his 11 years with Andy Stanley, Reggie was the executive director of family ministry where he developed a new concept for relevant ministry for children, teenagers, and married adults.

Reggie has authored and co-authored ten books including: *Think Orange*, *Seven Practices of Effective Ministry*, *Parenting Beyond Your Capacity*, *Playing for Keeps*, *Lead Small*, *Creating a Lead Small Culture*, and his latest *It's Just a Phase So Don't Miss It*.

For more about Reggie, visit ReggieJoiner.com or connect with him on Twitter @ReggieJoiner.



KRISTEN IVY

Kristen Ivy, executive director of messaging at Orange, and her husband, Matt, are in the middle of the preschool phase with a Kindergartener (Sawyer), a preschooler (Hensley), and Raleigh, who is still in the Zero to One Phase at the writing of this book.

Before beginning her career at reThink in 2006, Kristen earned her Bachelors of Education from Baylor University in 2004. She received a Master of Divinity from Mercer University in 2009. She worked in the public school as a high school Biology and English teacher, where she learned firsthand the importance of influencing the next generation.

At Orange, Kristen has played an integral role in the development of the elementary, middle school, and high school curriculums and has shared her experiences at speaking events across the country. Kristen is a co-author of *Playing for Keeps*, *Creating a Lead Small Culture*, and *It's Just a Phase So Don't Miss It*.

You can follow Kristen's work on the Phase project at JustAPhase.com, or connect with her on Twitter @Kristen_Ivy.



FOREWORD
SHERRY SURRATT

Sherry Surratt is the CEO of MOPS International and has also served as Director of Innovation Labs at Leadership Network and as staff pastor at Seacoast Church in Charleston, South Carolina. Sherry is the author of three books: *Brave Mom*, *Beautiful Mess*, and *Just Lead*. She lives in Denver with her pastor husband, Geoff, and has two adult children as well as two grandchildren. Sherry is a coffee lover, shoe-junkie, and a big fan of moms and women leaders. You can connect with her online at SherrySurratt.com or follow her on Twitter at [@SherrySurratt](https://twitter.com/SherrySurratt).



HEALTH
DR. JEAN SUMNER

Dr. Jean Sumner is the Assistant Dean for Mercer's School of Medicine. She has practiced internal medicine for the past 30 years in her home state of Georgia with a mission to educate other physicians to meet the primary care and health care needs of rural and medically underserved areas. She has served as hospital chief of staff and nursing home medical director, as well as a board member, chair and president of numerous community and statewide professional organizations. Dr. Sumner lives in Wrightsville, Georgia with her husband Joseph. She has two grown kids with kids of their own.



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Jim Burns is president of HomeWord and executive director of the HomeWord Center for Youth and Family at Azusa Pacific University. Jim speaks to thousands of people around the world each year. He has over 1.5 million resources in print in over 25 languages. Jim's radio broadcast is heard on over 800 stations a day and heard around the world via podcast at HomeWord.com. Some of his books include *Faith Conversations for Families*, *Confident Parenting*, *The Purity Code*, and *Creating an Intimate Marriage*. Jim and his wife, Cathy, and their three daughters live in Southern California.



TECHNOLOGY
JON ACUFF

Jon Acuff is the New York Times Bestselling author of five books including his most recent, *Do Over: Rescue Monday*, *Reinvent Your Work* and *Never Get Stuck*. For 17 years he's helped some of the biggest brands in the world tell their story. He's written for Fast Company, the Harvard Business Review, CNBC and many other national media outlets. In 2010 he used his influence with his tribe to build two kindergartens in Vietnam. Jon lives with his wife, Jenny, and two daughters, L.E. and McRae, in Franklin, Tennessee. You can read more of his work at Acuff.me or on Twitter [@JonAcuff](https://twitter.com/JonAcuff).

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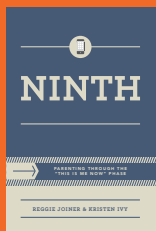
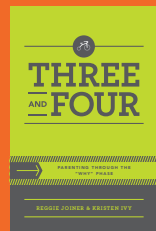
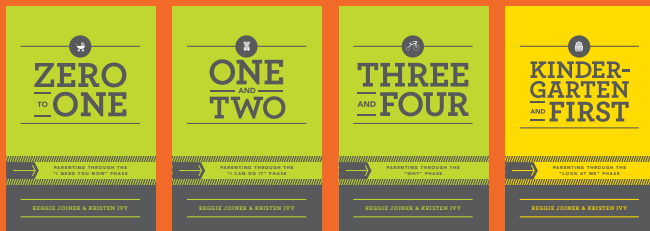
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ENDNOTES

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