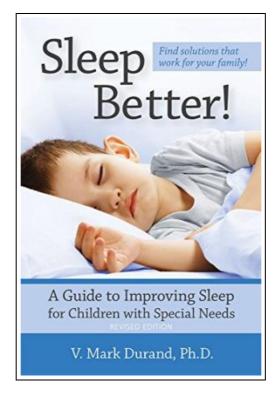
Sleep Better: A Guide to Improving Sleep for Children with Special Needs



Filesize: 6.6 MB

Reviews

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who statte that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.

(Libbie Farrell)

SLEEP BETTER: A GUIDE TO IMPROVING SLEEP FOR CHILDREN WITH SPECIAL NEEDS



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Brookes Publishing Company. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.8in. x 5.9in. x 0.6in.From bedtime tantrums to bedwetting, sleep problems can be one of the biggest sources of worry and frustration for parents of children with special needs. Help is here in this down-to-earth, nonjudgmental guide, packed with widely tested, easy-to-use techniques that work for all children, with and without disabilities. This fully updated edition includes help for parents who usually struggle with nighttime problems. Without preaching or proposing a one right way to solve problems, psychologist and father Mark Durand helps families tackle sleep issues with optimism and proven strategies drawn from clinical and personal experience. A must-own for tired parents everywhere, this warm and wise guidebook will put sleep problems to bed and help whole families get the rest they need. THE BETTER-SLEEP GUIDE FOR EVERY FAMILY: Highly effective strategies for children with special needs such as autism, Tourette syndrome, and cerebral palsy Research-based solutions to even the toughest nighttime challenges Tested with thousands of families Respects individual differences in familiesoffers different options to fit different parenting philosophies Helps parents develop a positive outlook and attitude as they work to resolve their childs challenges Includes help for parents who struggle with their own nighttime problems Flexibleparents can pick and choose strategies and modify them as needed Valuable background information on understanding and assessing sleep problemsPRACTICAL MATERIALS: Sleep DiarySelf-Talk LogBehavior LogSleep Problems ScalePlus annotated lists of additional sleep resourcesSOLVE SLEEP ISSUES LIKE: Bedtime tantrums Night waking Sleep terrors Bed wetting Sleep schedule problems Sleepwalking and sleep talking Insomnia Tooth-grinding Periodic limb movements This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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