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Titolo	When children don't sleep well : interventions for pediatric sleep disorders : parent workbook // V. Mark Durand
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Descrizione fisica	1 online resource (105 p.)
Collana	Programs that work
Disciplina	618.92 618.92/8498 618.928498
Soggetti	Sleep disorders in children - Treatment Child psychiatry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Chapter 1 Overview; Chapter 2 Pre-Intervention Assessment and Planning; Chapter 3 Good Sleep Habits; Chapter 4 Bedtime; Chapter 5 Night Waking; Chapter 6 Nightmares and Sleep Terrors; Chapter 7 Bedwetting; Chapter 8 Other Sleep-Related Issues; Chapter 9 Age-Related and Parental Sleep Concerns; Albany Sleep Problems Scale (ASPS); Sleep Diary Forms; Behavior Log Forms; Bedwetting Recording Sheet Forms
Sommario/riassunto	If your child suffers from sleep problems, you are aware of the toll it can take on your child and your family. You may hope your child will just 'grow out of it,' but this is not usually the case. You may have tried giving your child medication, only to find it has little effect in the long-term. You may also be concerned about the serious side-effects these drugs may have in children. This workbook will help you effectively manage your child's sleep problems without the use of drugs. Each module describes a different problem and gives options for treating it. Bedtime disturbances, night waki

