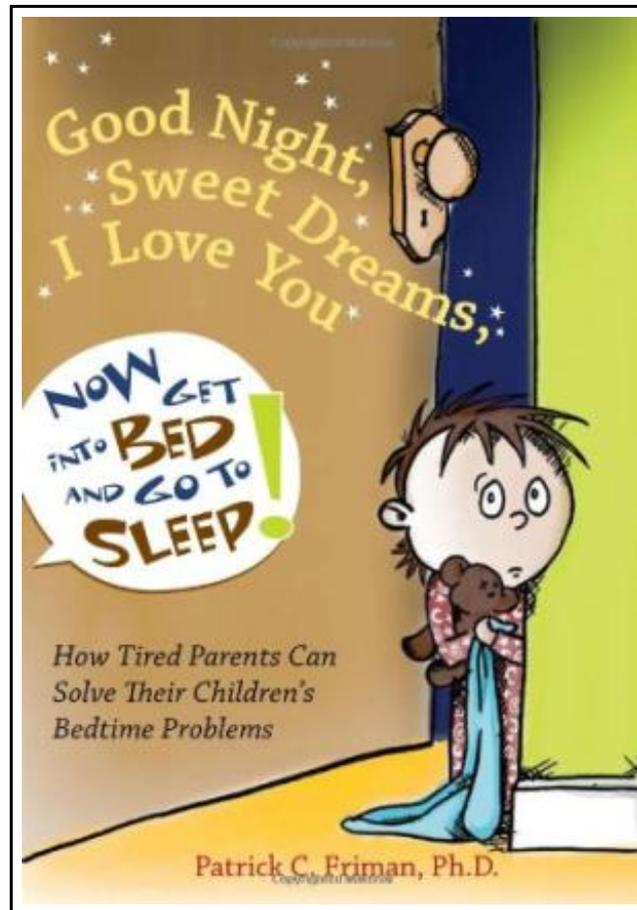


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Reviews

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(Toby Baumbach)

GOOD NIGHT, SWEET DREAMS, I LOVE YOU: NOW GET INTO BED AND GO TO SLEEP



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Boys Town Press, United States, 2005. Paperback. Book Condition: New. 178 x 124 mm. Language: English . Brand New Book. An infant who wails deep into the night, a toddler who keeps popping out of bed, a young child who procrastinates long past his bedtime - this kind of behavior can give parents nightmares. Many kids seem programmed from birth with bedtime behavior that frustrates and frazzles parents who have difficulty ignoring a baby s cry or who feel guilty enforcing an early curfew for a child they haven t seen all day. Yet getting sufficient sleep is critical for children s health and happiness. Child psychologist Dr. Patrick Friman discusses why getting enough sleep is so important for children of all ages. He explains how children learn, and why teaching them good nighttime behaviors will help them handle other stressful situations in life. With humor and empathy, Dr. Friman outlines problems related to bedtime for children from infancy through middle and high school and gives parents advice and tips on how to handle them. In many cases, he provides parents with several options so they can choose the approach they feel most comfortable with. He stresses the importance of a pre-bedtime ritual for children and discusses the pros and cons of ignoring a child s crying, sharing the family bed, using medication, and other approaches to sleep problems. His suggestions can help end bedtime hassles and get parents and kids the good night s sleep they both need!.

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