



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

By V. Mark Durand Ph. D.

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 families offers different options to fit different parenting philosophies Helps parents develop a positive outlook and attitude as they work to resolve their child's challenges Includes help...



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