



# **When Children Don't Sleep Well: Interventions for Pediatric Sleep Disorders Parent Workbook Parent Workbook (Treatments That Work)**

*V. Mark Durand*

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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 waking, sleep terrors, nightmares, and other sleep-related issues are all addressed in this workbook. It also includes a module on bedwetting. Working with your therapist, you will choose the best intervention options for your family. You can then follow the step-by-step instructions for carrying out each intervention.

This workbook is easy-to-use and complements the program described in the corresponding therapist guide. It includes questionnaires about your child and family, as well as forms for recording your child's sleep and behavior. Seeking professional help is an important step, but your participation is crucial to the success of treatment. With your help, your child can start getting a good night's sleep.

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