



What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep (What to Do Guides for Kids)

Dawn Huebner

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Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed, and are convinced that nothing short of magic will make nighttime easier, this book is for you. "What to Do When You Dread Your Bed" guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights. This interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep and stay asleep - like magic!

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Patricia Howard:

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Linda Carroll:

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Benjamin Martinez:

People live in this new moment of lifestyle always try to and must have the extra time or they will get great deal of stress from both daily life and work. So , once we ask do people have time, we will say absolutely sure. People is human not only a robot. Then we inquire again, what kind of activity do you have when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, often the book you have read is What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep (What to Do Guides for Kids).

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