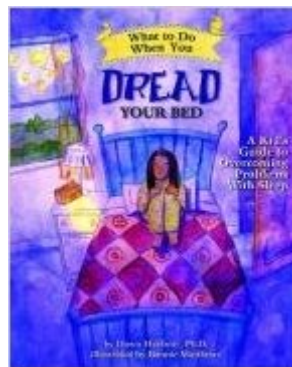


The book was found

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



## Synopsis

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. This book tackles fears, busy brains, restless bodies, and overdependence on parents.

## Book Information

Paperback: 96 pages

Publisher: Magination Pr; 1 edition (February 2008)

Language: English

ISBN-10: 1433803186

ISBN-13: 978-1433803185

Product Dimensions: 0.2 x 11 x 8.5 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 86 customer reviews

Best Sellers Rank: #10,728 in Books (See Top 100 in Books) #81 in [Books > Children's Books > Growing Up & Facts of Life > Health](#) #86 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Sleep](#) #234 in [Books > Medical Books > Psychology > General](#)

Age Range: 7 - 10 years

Grade Level: 1 - 5

## Customer Reviews

"What to Do When You Dread Your Bed is a lifesaver for parents and children struggling with bedtime anxiety. Full of practical solutions for a range of sleep problems, as well as creative (and fun!) problem-solving suggestions, this guide will turn bedtime tears and fears into sweet dreams and peaceful, restful nights." -- Judith Owens, MD; Director, Pediatric Sleep Disorders Clinic, Hasbro Children's Hospital, Providence, Rhode Island; Co-author of *Take Charge of Your Child's Sleep: The All-in-One Guide to Solving Sleep Problems in Kids and Teens* "Dr. Huebner has written a fun, invaluable book for parents and their children who dread going to bed. Her use of magic tricks and games to help children overcome their bedtime fears are engaging and unique. A 'must have' guide for parents and children who want to improve and create healthier sleep habits." -- Kim West, LCSW-C, The Sleep Lady<sup>®</sup>, author of *Good Night, Sleep Tight*

Winner of the iParenting Media Award 2008, Excellent Product.

Excellent book for any child having difficulty falling asleep at night. This past summer, my 8 year old developed anxiety about falling asleep. It came out of left field to say the least. Nothing had changed in her life, other than we weren't sticking to our normal bed time and routine (because of it being summer vacation). So, I ordered this book on a whim due to being desperate to try anything and get not only my daughter's sleep back, but mine as well. I am SO GLAD I purchased this book. The author does a great job explaining why children may dread going to bed or having trouble falling asleep. She explains everything on their level, in their terms. The exercises she has you and your child do and things to focus on at night worked wonders for us. It definitely put my daughter's mind at ease that this phase she was in, was not the end of the world. I had her back on track in a couple of weeks. My appreciation and thanks to the author for writing this book. You're a lifesaver.

The content is good with all kinds of ideas for youngsters with fears to explore. I was not happy that the book presented all kinds of new and scary fears to an already fragile child. While originally I thought it was perfect, as I moved through it, I realized it was inappropriate for my grandchild.

I got this book for my 7 year old who was having trouble at bedtime. Before I could even sit down with him to look through it with him, he had gone through the whole thing on his own. Bedtime has improved tremendously and I sometimes find him going back to it and reading the parts that help him feel better. I highly recommend.

This is one of a wonderful series of books by Dawn Huebner giving parents and their children tools to deal with behaviors they hope to change. This is a book to first read through alone (just the parent or caregiver). Then you read the book with your child so that together you can practice the tools that are given (about a chapter at a time). This is geared for preschool to school age kids although the tools can be used by anyone. I've recommended books in this series to many:)

I like the suggestions. The tricks are for older kids

I was skeptical at first, but the Shift/Snooze/Snug program began working the first night it was implemented. My 8 year old daughter has suffered with bedtime problems for years. I love how this book directs and gives solutions in a way we both understand. This is probably the best self help books I've ever read. LOVE!

I bought this book for my son who was having a really hard time sleeping out of fear. This book was very helpful in helping calm him and giving him some tools to help control his thoughts. I won't say it solved my problem, but it was a nice addition to other tools we used to get him back to bed. Book was packaged appropriately; Unpacking was simple.

Amazing book! On the first night after reading this book, and doing the work, my 7 year old slept through the night, in her own room for the first time EVER!

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