

Sleep- Wrecked Kids

Helping parents
raise happy, healthy
kids one sleep
at a time

Sharon Moore

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Sleep Wrecked Kids: Helping Parents Raise Happy, Healthy Kids, One Sleep at a Time



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Does your son or daughter resist going to sleep, wake at night time or get up super early? Do they awaken groggy, despite sleeping for a long time? On the flip side, when good sleep may be the norm, kids can grow and thrive. Are they a ball of energy, and just can't sit down still? Has your child been diagnosed with ADHD, or do they have a problem focusing? Do they get sick often? In the event that you answered 'yes' to any of these questions, chances are, your child has a sleep problem. 25% of kids have sleep problems, and these problems can begin the pattern for a lifetime of wellness, behaviour and learning complications. You aren't alone. Do they snore, breathe noisily, or wake in a tangle of bedclothes? Sleep-wrecked Kids will educate you on about how to resolve your child's sleep problems, including: Explaining what 'good sleep' actually means Sharing the raft of issues that can be due to bad sleep Common warning flag for sleep problems, so that you can assess your son or daughter Ways to optimise your son or daughter's routine and environment to improve their sleep Listing the range of doctors and specialists who might help your child With this book, your complete family will finally learn how you can get an excellent night's sleep.



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NOT A SLEEPER BUT AN AWAKENER We raised three kids and navigated as corporate managers all our lives and also have seen many sleepless nights. Our son got night terrors when youthful and as a CEO I have met many people who have shared their intimate problems with sleep issues. This publication opened my eye “no pun” to the root causes of sleep problems. Heads up, parents! I appreciated the format of the book, the stories of kids and their sleep issues and the solutions including assessment worksheets. This reserve is highly recommended and readable. It'll be on my gift list for anyone with children. The aha learning was how all my life I accepted sleep problems and myths such as “it’s part of having kids” when below the top I didn’t recognize the potential existence altering issues or behavioural connections in their waking hours. Parents generally are looking for answers with their children's problems so when they find out they usually wished they knew a long time before. For all parents! it has place me on the right track to helping me and all of my kids have a better night sleep. While my kids are all grown, Rest Wrecked Kids is a blessing when they were little! It can help you, too! What every parent needs to read Wish I had this reserve 10 a few months ago. This is not just to help your children! I wish I acquired this to steer us years ago. Here is a great opportunity to learn items you need to know Right now! From a kid who had terrors, to 1 child that hardly ever slept the night time through, recognizing the symptoms explained in this book and the remedies, both professional and home cures, could have been useful.



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