



Sleep Problems in Children and Adolescents

By Gregory Stores

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Sleep Problems in Children and Adolescents, Gregory Stores, Sleep problems in children and adolescents are very common and often the cause of concern and distress for both the child and the family. They can affect behaviour, learning and sometimes physical health. There are many possible causes for sleep problems, some psychological, others physical, and this book will help you to identify and explain problems in your own child, leading you to the appropriate advice or treatment as necessary. The book starts by explaining the importance and nature of sleep and the changes that occur as your child grows up. It then describes why children may not sleep well at different ages from babyhood to adolescence, the causes of being excessively sleepy during the day, and the types of unusual behaviours or experiences that a child can have at night. The various types of treatment needed for these problems are explained. The later chapters discuss those children who are especially liable to have sleep problems, the ways in which sleep problems may be mistaken for other conditions, the ways in which unsatisfactory sleep can be spotted at home and at school, and...



Reviews

This sort of publication is everything and made me seeking forward and much more. Better then never, though i am quite late in start reading this one. I am easily could possibly get a delight of reading through a created pdf.

-- Quinton Balistreri

A really amazing ebook with lucid and perfect answers. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this pdf.

-- Prof. Bertram Ullrich Jr.

Relevant eBooks



Very Short Stories for Children: A Child's Book of Stories for Kids

Paperback. Book Condition: New. This item is printed on demand. Item doesn't include CD/DVD.



The Ethical Journalist (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, The Ethical Journalist (New edition), Tony Harcup, 'Harcup's interviews with local journalists reveal the complexity of acting ethically through insightful discussions of professional rivalry, the demands of editors and the consequences for local...



JA] early childhood parenting:1-4 Genuine Special(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2006-01-01 Pages: 179 Publisher: the China Pictorial Our book is all new book of genuine special spot anv...



My Little Bible Board

Book

Lion Hudson Plc. Board book. Book Condition: new. BRAND NEW, My Little Bible Board Book, Christina Goodings, Melanie Mitchell, This colourful, chunky board book retells the Bible in 20 favourite episodes so that young children may begin to explore the Bible for...



Fox at School: Level

3

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such...



Fifty Years Hence, or What May Be in 1943

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifty Years Hence is a quasi-fictional work by Robert Grimshaw, a professional engineer, with the intent of making a...