



## Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens

By Owens, Judith A.; Mindell, Jodi A.

Marlowe & Company, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Over 25 percent of all children not just infants, but adolescents and high school students as well experience various forms of sleep problems, from short-term difficulties with falling asleep and nightwalkings to long-term problems of sleep apnea and narcolepsy. Give Your Child a Good Night's Sleep is the first book to provide parents of older children with a comprehensive, accessible resource for understanding and solving their child's sleep problems. Written by two of the country's foremost experts in pediatric sleep problems, Owens and Mindell explain the developmental importance of sleep at all ages, cover all of the common sleep issues parents may encounter, and offer age-specific recommendations for each problem discussed. Give Your Child a Good Night's Sleep is the essential, all-in-one resource for parents seeking to recognize, evaluate, prevent, and manage their school-aged children's sleep problems.



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### Reviews

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-- **Nya Bechtelar**

## Other eBooks

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### [Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep](#)

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...

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### [Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities](#)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...

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### [Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus \(I Can Read Book 2\)](#)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...

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### [Accused: My Fight for Truth, Justice and the Strength to Forgive](#)

BenBella Books. Hardback. Book Condition: new. BRAND NEW, Accused: My Fight for Truth, Justice and the Strength to Forgive, Tonya Craft, Mark Dagostino, This is the true story of a woman who prevailed against the most heinous accusations imaginable. Tonya Craft, a...

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### [Maisy's Christmas Tree](#)

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is delightful. Toddlers celebrating the holiday will enjoy...

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### [The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 \(Stay Current with Adobe Creative Cloud\)](#)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB COLLECTION REVEALED PREMIUM EDITION. This one of...

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