



Good Night, Sweet Dreams, I Love You: Now Get Into Bed And Go To Sleep!

Patrick C., Ph.D. Friman

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Good Night, Sweet Dreams, I Love You: Now Get Into Bed And Go To Sleep! Patrick C., Ph.D. Friman An infant who wails deep into the night, a toddler who keeps popping out of bed, a young child who procrastinates long past his bedtime – does your child's behavior give you nightmares? Many kids seem programmed from birth with bedtime behavior that frustrates and frazzles parents who have difficulty ignoring a baby's cry or who feel guilty enforcing an early curfew for a child they haven't seen all day. Yet getting sufficient sleep is critical for children's health and happiness. With humor and empathy, child psychologist Dr. Patrick Friman outlines the problems related to bedtime for children from infancy through middle school and gives you advice and tips on how to handle them. In many cases, he provides several options so you can choose the approach you feel most comfortable with. His suggestions can help end those bedtime hassles and get you and your child the good night's sleep you both need!

Winner of The National Parenting Center Spring 2005 Seal of Approval



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