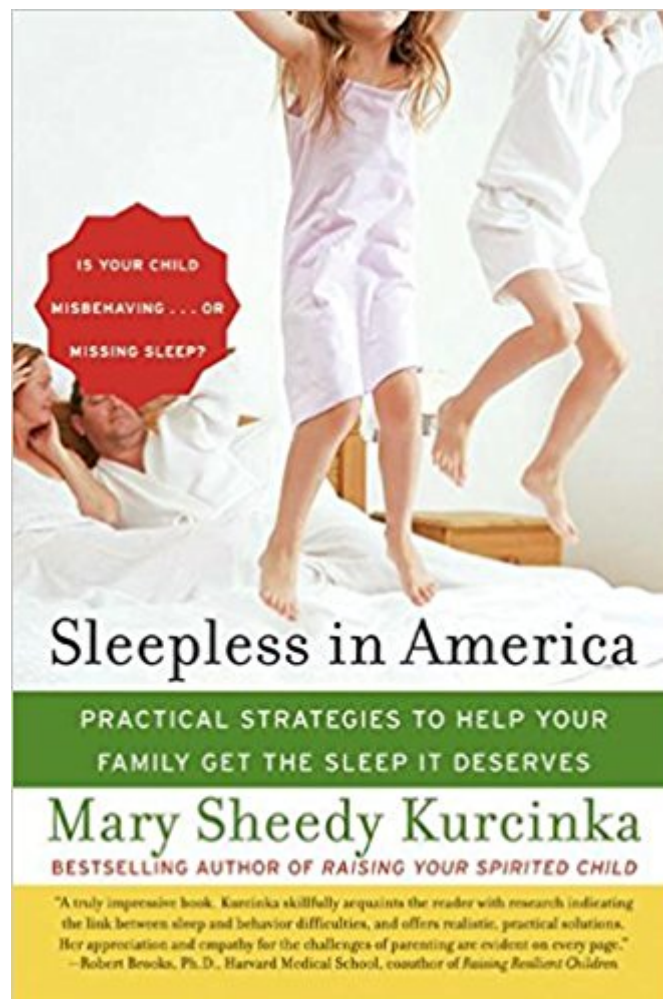




The book was found

Sleepless In America: Is Your Child Misbehaving...or Missing Sleep?



Synopsis

Does your child Refuse to cooperate in the morning? Get into trouble for not listening? "Lose it" over seemingly insignificant issues? Seem to resist sleep? An estimated 69 percent of American infants, children, and teens are sleep deprived. Studies have shown that sleep deficits can contribute to hyperactivity, distraction, forgetfulness, learning problems, illness, accidents, and disruptive behaviors. Often what our misbehaving kids really need isn't more "consequences" or more medication but more sleep. *Sleepless in America* offers weary and frustrated parents a helping hand and an exciting new approach to managing challenging behaviors by integrating research on stress, sleep, and temperament with practical strategies and a five-step approach that enables parents to help their "tired and wired" children get the sleep they so desperately need.

Book Information

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Customer Reviews

Kurcinka (*Raising Your Spirited Child*) recasts misbehaving children as children missing sleep (and thus, children who can be helped sans drugs and punishment) in this treatise on the manifold virtues of a good night's sleep. "Sound sleep is the foundation of good behavior," Kurcinka says, warning parents that temper tantrums, irritability, screaming-bed-jumping-freak-outs and other unwanted behaviors can be scaled back dramatically if parents ensure their kids get enough sleep-something admittedly easier written about than done. Using advice and case studies from many of the parents who have participated in her workshops, Kurcinka provides insights into why kids do not go to sleep (an imbalance of "calm energy" and "tense energy" is one theory) as well as how parents' fatigue can affect their children. She advocates tension management as a way to foster good sleeping

habits and includes how-to regimens to establish bed-time routines tailored to individual children's needs. She also helps parents reset their kids' (from infants to teenagers) body clocks to avoid sleepless nights and the morning battles, stress and school bus scramble. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“A well-written, comprehensive, and above all loving and positive approach to understanding that oh-so challenging child.” (Evonne Weinhaus and Karen Friedman, authors of *Stop Struggling with Your Child* and *Stop Struggling with Your Teen*) “Mary Sheedy Kurcinka’s *Sleepless in America* has some of the best tips for sleepy families.” (Minneapolis Star Tribune)

I love this book and wish I'd read it sooner; I was able to immediately put some of the recommendations into practice that have made a huge difference in getting my three year old to get her much-needed nap when she's at home (she sleeps like a champ at day care). So many of the ideas help to manage their stress during the day or just make their days easier, which makes for better days AND nights. As another mom who read it after I recommended it said, if you only read one book about kids and sleep, this should be the one. This fantastic, easy-to-read and enjoyable book really does have insights and advice to help everyone, and reinforces why sleep is so important for your child as well as how to help your child get it. I have been recommending this to so many other parents since I read it and will likely continue to do so for a long time. You want this book, trust me!

This is my favorite book on sleep. It focuses on techniques for "Spirited" children, but would work for most kids. However, it is more useful for older children who are already talking and communicating. There is only one chapter on infants. Still, it gives great advice on the importance of sleep and how to get high wired children to sleep. The overall advice is to slow down, connect with your child (children), observe closely, and slowly implement changes. It is not at all a prescription-style book, but a book that truly requires YOU to figure out what is going to work best for your family. Because of this it is both harder and easier to implement than traditional sleep books. It is harder because it tells you how to figure it out (and techniques to try), but not exactly what to do. It is easier because when you do finally figure it out, you know you will have the right approach.

This book is a great book for parents who have kids that are difficult sleepers. It isn't a cure-all but it

helps you recognize the causes and get your child sleeping better. A very very good recommended read.

Very good book.

I have a 4 year old boy, since he was born he has had trouble falling asleep and napping. After I read the book I truly understood the difference and have learned to help him relax and sleep better.

Easy to read and good advice on new approaches to sleeping habits.

This book is a lifesaver. We started applying the ideas she talks about in the book and saw immediate results. Highly recommended

I found this to be very helpful for us, especially for naps. We are a breast feeding and cosleeping family and this book offers help for all situations.

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