

Sleep Problems (2nd Edition)

Syllabus

Introduction

Expert - Dr. Richard Delaney, author, lecturer, and practicing psychologist.

This course examines four types of sleep problems in children, and offers practical and immediate steps parents can take to deal with their child's particular type of sleep problem.

Fears about Sleeping Alone

Frank and Racine are raising their 5-year-old grandson, Brandon, who fears sleeping alone.

- Discovering what the child is afraid of
- Separation anxiety
- Calming and reassuring the child

Frequent Waking and Roaming

Norman and Wendy are the foster parents of 11-year-old Jasmine who doesn't like to sleep in her bedroom.

- Hiding to sleep
- Nervousness around adults
- Post-traumatic stress disorder
- Making the child feel safer

Nightmares and Night Terrors

Jean and Grant are the foster parents of 7-year-old Eric, who suffers from night terrors.

- The difference between nightmares and night terrors
- Having the child assessed by a pediatrician or psychiatrist
- Keeping the child calm and safe during nighttime episodes

Sleep Problems and Depression

Glenda is the single, adoptive mother of 14-year-old Molly, who is having sleep problems and depression.

- Signs of depression
- Having the child evaluated by a physician or psychologist
- Keeping track of the child's sleep difficulties

General Next Steps for All

General guidelines that can help all parents who are caring for a child with a sleep problem.