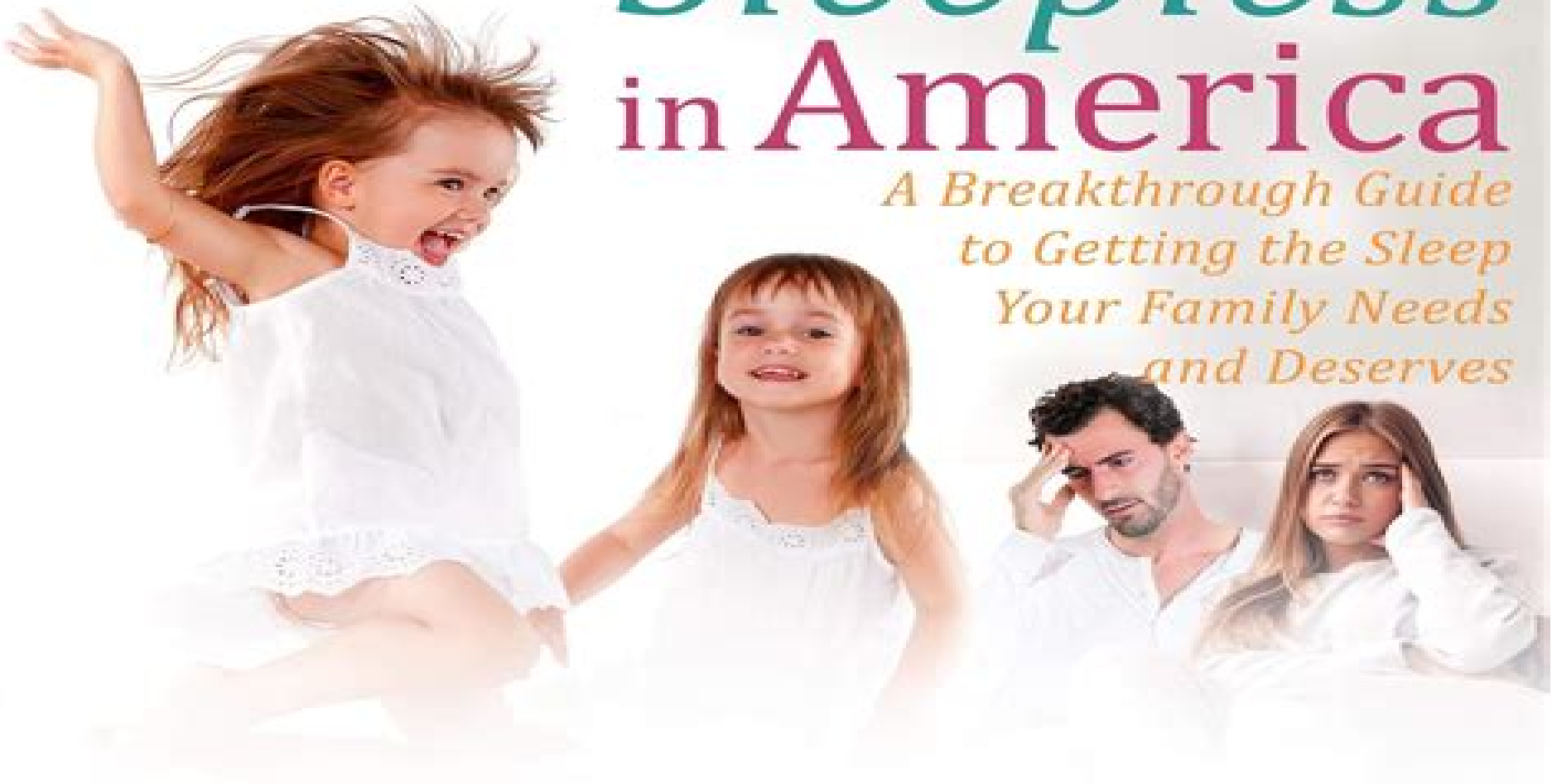


Sleepless in America

*A Breakthrough Guide
to Getting the Sleep
Your Family Needs
and Deserves*



Mary Sheedy Kurcinka, Ed.d
Bestselling Author of *Raising Your Spirited Child*

READ BY LESLIE HOWARD

Sleepless In America Is Your Child Misbehaving Or Missing Sleep

Michele Borba



Sleepless In America Is Your Child Misbehaving Or Missing Sleep:

Sleepless in America Mary Sheedy Kurcinka, 2006-02-21 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 Are you tired Really tired An estimated 70 million American infants children and teens are sleep deprived Could your child be one of them Studies have shown that sleep deficits can contribute to hyperactivity distraction forgetfulness learning problems illness accidents and disruptive behaviors Yet despite overwhelming scientific evidence the connection between children s sleep habits and their behavioral and health problems has remained until now largely unrecognized In this warm and practical guide Mary Sheedy Kurcinka shows you how to recognize whether your child is misbehaving or missing sleep identify the normal everyday activities that may be innocently disrupting your child s sleep end the bedtime and nighttime struggles and as a result stop the misbehaviors during the day get the sleep your whole family deserves Sleepless in America offers weary and frustrated parents a helping hand and an exciting new approach to managing challenging behaviors With her characteristic enthusiasm pragmatism and extensive experience as a teacher and parent educator Kurcinka explains that often what our misbehaving kids really need is not more consequences or more medication but more sleep Integrating research on stress sleep and temperament with practical strategies and a five step approach Sleepless in America enables parents to help their tired and wired children get the sleep they so desperately need When we choose sleep we choose a happier healthier and more successful life for our families With Sleepless in America Mary Sheedy Kurcinka helps us make that choice

Sleepless in America Mary Sheedy Kurcinka, 2009-03-17 From the author of *Raising Your Spirited Child* the award winning bestseller that has helped millions a pioneering research based guide for parents to help their children get the sleep they need Does your child refuse to cooperate in the morning Does he or she get into trouble for not listening Are you finding that your child resists sleep and loses it over seemingly insignificant issues You are not alone 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 Dr Mary has helped millions with her effective parenting tips and insights and her five step approach enables parents to help their tired and wired children get the sleep they so desperately need

Surviving Impossible Infant Sleep Neil Ami, 2023-02-16 This is for my fellow bleary eyed parents in the thick of things with a baby that seems unable to sleep whatever you do Before I had my baby the worst sleeper of anyone I know I was as naive as naive could be about how challenging baby sleep can be There are good sleepers and there are bad sleepers But then there are those that could be read about in research papers If yours is one of them the usual advice may not apply After stumbling

through the experience and sifting through the scientific literature on infant sleep this is what I wish I had known Questions answered in the book include What is normal infant sleep Is my child normal Are medical issues behind the sleep issues Will sleep difficulties cause mental health problems later on Does sleep training help Is it harmless Is it necessary Are there other things I can try to help baby sleep Am I doing something wrong as a parent Why do some kids sleep much worse than others How can I cope

If Your Mouth Could Talk Kami Hoss,2022-04-05 USA TODAY AND WALL STREET JOURNAL
BESTSELLER You've heard the advice If you want to live longer eat healthy foods and exercise daily But there's a third piece of the puzzle and it can add 10 to 15 years to your life It's been right under your nose this whole time literally Your mouth is the gateway to your body and is the most critical organ for improving your health from childhood onward Everything in the human life cycle is related to the mouth fertility childbirth sleeping soundly success in school finding a mate getting a job psychological well being avoiding chronic or systemic disease and aging well Your mouth is a window into the health of your body as a whole from its microbiome to its structure it impacts your physical and mental wellness in countless ways Unfortunately the mouth body connection has been largely neglected by American medicine until now If Your Mouth Could Talk is the result of over 20 years of firsthand experience and research by renowned orthodontist and dentofacial orthopedist Dr Kami Hoss In this groundbreaking work Dr Hoss connects the dots between oral health and whole body health offering a roadmap to a longer more successful future for you and your family This isn't a book about brushing and flossing or any of the other standard advice you get from your dentist Instead you'll hear about how to protect your mouth's microbiome the effect of diet the relationship between oral structure and sleep problems how to breathe better and more This is an in depth guide for people who want to take control of their health to the fullest extent possible who want to understand how their mouth contributes to their overall health and quality of life and what they can do to better care for it If your mouth could talk it would tell you about the condition of your entire life Time to start listening

The Little Book of Parenting Chinyelu Kunz,2024-11-12 Chinyelu Kunz is a childhood educational mentor and a leading parenting coach Her expertise has supported thousands of families in their mission to nurture and encourage content kind and thriving children who continue to blossom into adulthood and she distills it here into a must buy book for parents seeking to raise emotionally healthy children The Little Book of Parenting covers everything you need to raise happy resilient children from preschool to adult Focusing on your emotional wellbeing as a starting point it enables you to support your child with a healthy foundation the ability to self regulate your dynamics as a family and the importance of clear but lovingly set boundaries and solid routines Implementing the practical and emotional advice in this book will help parents unlock their child's unique potential so they can thrive grow into their best and unique self and emerge into adulthood with a rock solid foundation as a confident happy and content being There are special tips and advice and a plethora of actionable bite sized takeaways which make the reader's experience relaxing digestible and relatable

The Big Book of Parenting Solutions Michele Borba,2009-08-11 The Today show expert

tackles 101 issues ranging from sibling rivalry lying and peer pressure to cell phone use and TV addiction Indispensable Publishers Weekly A recommended read for moms by Working Mother magazine In this down to earth guide parenting expert Michele Borba offers advice for dealing with children s difficult behavior and hot button issues including biting temper tantrums cheating bad friends inappropriate clothing sex drugs peer pressure and much more Written for parents of kids age 3 13 this book offers easy to implement advice for the most important challenges parents face with kids from toddlers to tweens Includes immediate solutions to the most common childhood problems and challenges Written by Today s resident parenting expert Michele Borba Offers clear step by step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy to follow and gets quick results Author has written outstanding parenting books including Building Moral Intelligence No More Misbehavin Don t Give Me that Attitude and more Each of the 101 issues includes clear questions specific step by step solutions and advice that is age appropriate Moms and dads have come to rely on Dr Borba for advice on issues large and small The Big Book of Parenting Solutions is an indispensable comprehensive and authoritative guide to the wonderful and sometimes wacky world of parenthood You ll find yourself dipping into it for answers again and again Dana Points Editor in Chief Parents Magazine The easy to use problem solution format will have you battling your biggest parenting crises with confidence Working Mother

Bright Kids Who Couldn't Care Less Ellen Braaten, 2023-02-08 He s so smart but he s no longer interested in school or any offline activities She used to love sports but now she just mopes around My kid has turned into such a slacker Sound familiar If you re wondering how your bright motivated little kid became such an unmotivated adolescent you re not alone Fortunately help is at hand In this compassionate guide psychologist and learning expert Ellen Braaten explains that kids who have lost the will to do anything other than play video games need more than simple encouragement or the right school teacher or coach to get back on track Instead Dr Braaten helps you understand the myriad biological psychological and social factors that affect motivation and get to know your own child s unique strengths weaknesses and personality traits better Gain vital tools for tackling the motivational problems that are so pervasive today and build a plan to boost your child s confidence and engagement in life

Is This a Phase? Child Development & Parent Strategies, Birth to 6 Years Helen Neville, 2007 Provides an overview of behaviors parents can expect from children as they grow and develop from birth to age six describes phases common to children from birth to three months two to nine months crawling to eighteen months eighteen months to three years three years four years and five years and includes reference charts for dealing with child development in daily life

50 Ways to Support Your Child's Special Education Terri Mauro, 2009-06-18 More than six million students in the U S receive special education services and that number is on the rise Frequent changes in educational philosophy and special education law have made it increasingly difficult for parents to establish an appropriate education plan for their children This book looks at the many ways that parents can advocate for their children including how to Communicate with teachers Get

homework done Become involved at school Ensure their children are well rested Start a school day on the right foot Advocacy comes in all forms and sometimes it s as simple as helping people get to know their child and family in a positive way This useful book will serve as an invaluable tool for parents looking to establish the best educational plan for their children *What in the World Are Your Kids Doing Online?* Barbara Melton, Susan Shankle, 2007 Examines the physical emotional and intellectual hazards of the online universe from predators and pornography to plagiarism shortened attention spans and illegal drug purchases as well as what a parent can do to protect a child s safety while on the Web

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