

# Sleep Better!

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work for your family!*



A Guide to Improving Sleep  
for Children with Special Needs

REVISED EDITION

V. Mark Durand, Ph.D.

# Sleep Better A Guide To Improving Sleep For Children With Special Needs

**Mike Jess**



## **Sleep Better A Guide To Improving Sleep For Children With Special Needs:**

*Sleep Better!* Vincent Mark Durand, 1998 When children have recurrent sleep problems they and their families must deal with negative effects on behavior mood social interactions physical stamina and performance at school or work This book offers step by step how to instructions for helping children with disabilities get the rest they need For problems ranging from bedtime tantrums to night waking parents and caregivers will find a variety of widely tested and easy to implement techniques that have already helped hundreds of children with special needs especially children with autism Tourette syndrome and cerebral palsy Written by a psychologist who was inspired by many sleepless nights with his own child this book delivers proven techniques from the author s clinical and personal experience making it a one of a kind resource for families and professionals

*Sleep Better! a Guide to Improving Sleep for Children with Special Needs* Vincent Mark Durand, 2013 For resolving bedtime tantrums night waking bedwetting insomnia and other sleep problems the author makes a number of suggestions

**Sleep Better** Durand, 1997-08

**Sleep Better!** Vincent Mark Durand, 2014-05-14 For resolving bedtime tantrums night waking bedwetting insomnia and other sleep problems the author makes a number of suggestions

[The Good Night Sleep Tight Workbook for Children Special Needs](#) Kim West, Katie Holloran, 2019-03-26 With its easy to use and clear step by step format the Good Night Sleep Tight Workbook will help tired parents create and follow an effective sleep plan to achieve sleep success for their kids with special needs toddlers to tweens With its easy to use and clear step by step format the Good Night Sleep Tight Workbook will help tired parents create and follow an effective sleep plan to achieve sleep success for their kids with special needs toddlers to tweens

*Sleep Well on the Autism Spectrum* Kenneth Aitken, 2014-02-21 Full of helpful information and practical advice this comprehensive guide introduces the most common sleep issues in children with ASDs describing both mainstream and complementary options for treatment what is involved and the outcomes that can be expected

**Making Sense of Autistic Spectrum Disorders** James Coplan M.D., 2010-03-23 In this authoritative and empowering book one of the world s leading experts on early child development gives caregivers of children on the autistic spectrum the knowledge they need to navigate the complex maze of symptoms diagnoses tests and treatment options that await them For more than thirty years James Coplan M D has been helping families cope with the challenges posed by autistic spectrum disorders ASD Each family that walks into his office he knows is about to begin a journey With this book he lays out the steps of that journey Dr Coplan brings you into the treatment rooms and along for the tests and evaluations and provides the kind of practical hands on guidance that will help you help your child with ASD through every phase of life At a time when ASD has become the subject of wild theories and uninformed speculation Dr Coplan grounds his recommendations in reality He helps you understand for yourself where your child may be on the spectrum that includes autism Asperger Syndrome and Pervasive Developmental Disorder Not Otherwise Specified His clear comprehensive and compassionate advice prepares you to make informed medical decisions evaluate the various

educational and therapeutic alternatives and find answers to such fundamental questions as How do I optimize my child's long term potential Which interventions will best serve my child How do the various therapies work and what is the evidence to support them What is the best way to teach my child This book empowers you to be an expert advocate for your child so that you'll know when to say no to an ill advised therapy or medication and can make with confidence the hundreds of important decisions you will face in the years ahead For every parent who has made the painful transition from Why did this happen to What can we do to help our child here is the indispensable guidebook you've been waiting for **Handbook of Child Behavior Therapy** T. Stuart Watson, Frank M. Gresham, 2013-06-29 The genesis of this book occurred several years ago provide readers with not only the what to do of child behavior therapy but the how to do it as in Seattle on the veranda of a Chilean cafe overlook well Each of the chapters guides the reader through ing Pikes Place Market during a National Association of School Psychologists conference We were the clinical decision making process from identifying a problem to evaluating the effectiveness of a discussing along with several other behavioral school psychologists how the field of child behavior chosen intervention One of the difficulties in assembling an edited analysis and therapy has experienced rapid growth over the past forty years but lamenting that books in book is ensuring a high degree of continuity and the area did not reflect the advancements made in the similarity between chapters without infringing on assessment and treatment of a wide variety of prob the individual writing style of the authors This lem behaviors evidenced by children That is not to book is certainly no exception To help with conti say that there are no good books available to the child nuity we provided the authors with an outline to use behavior therapist In fact most readers of this book as a guide as they prepared their manuscripts The undoubtedly have bookshelves lined with noteworthy operative word here is guide *Intervention and Support for Parents and Carers of Children and Young People on the Autism Spectrum* Barry Wright, Christopher Williams, 2007-07-15 The manual is divided into ten sessions that introduce a topic related to autism and Asperger Syndrome During each session parents are introduced to a new topic and are invited to participate in exercises and group discussions that serve to reinforce the key messages discussed earlier Each session closes with recommended reading and homework

*The Oxford Handbook of Infant, Child, and Adolescent Sleep and Behavior* Amy R. Wolfson, Hawley E. Montgomery-Downs, 2013-09-05 Since the early 20th century parenting books pediatricians and other health care providers have dispensed recommendations regarding children's sleep that frequently involved behavioral and educational approaches In the last few decades however psychologists and other behavioral scientists and clinicians have amassed a critical body of research and clinical recommendations regarding developmental changes in sleep sleep hygiene recommendations from infancy through adolescence and behaviorally oriented treatment strategies for children and adolescents The Oxford Handbook of Infant Child and Adolescent Sleep and Behavior provides a comprehensive and state of the art review of current research and clinical developments in normal and disordered sleep from infancy through emerging adulthood The handbook

comprises seven sections sleep and development factors influencing sleep assessment of sleep and sleep problems sleep challenges problems and disorders consequences of insufficient sleep sleep difficulties associated with developmental and behavioral risks and prevention and intervention Written by international experts in psychology and related disciplines from diverse fields of study and clinical backgrounds this handbook is a comprehensive resource that will meet the needs of clinicians researchers and graduate students with an interest in the multidisciplinary and emerging field of child and adolescent sleep and behavior

**Clinical Handbook of Behavioral Sleep Treatment in Children on the Autism Spectrum** Laurie K McLay, Karyn G France, Neville M Blampied, 2022-10-28 This handbook provides an overview of the nature prevalence and causes of sleep problems in children with autism spectrum disorder ASD and examines the process of using functional behavior assessment FBA to treat sleep disorders It describes several evidence based treatments and explores how these align with the outcomes of the FBA process including case illustrations of the assessment and treatment process The handbook discusses the application of FBA in family contexts including The effects on children and families of successful interventions with sleep How to conduct FBA with clinically complex families Including the child in the intervention The evidence of efficacy of other treatment approaches The handbook addresses sleep problems that are highly prevalent among children and young people with ASD including sleep onset delay frequent and prolonged night waking and unwanted co sleeping It explores the profound secondary effects that sleep problems may have on children s daytime functioning as well as child and parent health and wellbeing The handbook discusses the causes of sleep problems in individuals with ASD which may be multifaceted and complex and include physiological environmental cognitive etiologies yet almost always have a behavioral or learned component It examines how FBA can be used to characterize challenging behaviors and identify the antecedents e g environmental context and consequences that affect such behaviors The volume details the process of using FBA to assess and treat sleep problems in children with ASD Clinical Handbook of Behavioural Sleep Treatment in Autism is a must have resource for clinicians therapists and other practitioners as well as researchers and graduate students in clinical child and school psychology behavioral therapy social work public health developmental psychology pediatrics family studies and child and adolescent psychiatry

**Overcoming Autism** Lynn Kern Koegel, Ph.D., Claire LaZebnik, 2014-03-25 There have been huge advances in our ability to diagnose autism and in the development of effective interventions that can change children s lives In this extraordinary book Lynn Kern Koegel a leading clinician researcher and cofounder of the renowned Autism Research Center at the University of California at Santa Barbara combines her cutting edge expertise with the everyday perspectives of Claire LaZebnik a writer whose experience with a son with autism provides a rare window into the disorder Together they draw on the highly effective pivotal response approach developed at the center to provide concrete ways of improving the symptoms of autism and the emotional struggles that surround it while reminding readers never to lose sight of the humor that lurks in the disability s quirkiness or the

importance of enjoying your child From the shock of diagnosis to the step by step work with verbal communication social interaction self stimulation meltdowns fears and more the answers are here in a book that is as warm and nurturing as it is authoritative

**Encouraging Appropriate Behavior for Children on the Autism Spectrum** Shira Richman,2006 100 questions organized by topic cover common everyday problems from advice on what to do if your autistic child routinely runs away to tips on how to stop him spitting Richman outlines behavioural plans to help parents and professionals encourage appropriate behaviour and help their child learn positive behavioural patterns

*Voices from the Spectrum* Cindy N. Ariel,Robert A. Naseef,2006 This compelling collection of personal accounts from people on the autism spectrum and those who care for them presents insights into autism from many different perspectives The contributors describe their experiences including reactions to diagnosis and childhood memories

How to Live with Autism and Asperger Syndrome Chris Williams,Barry Wright,Olive Young,2004 This accessible introduction to caring for a child with autism is an ideal resource for the families of children with Autism Spectrum Disorders as well as for the professionals who work with them In clear and simple language and with many illustrations the authors explain the nature of this condition and its variations and tackle common problems experienced in everyday activities such as eating sleeping and going to the toilet They also suggest strategies for coping with aggression and tantrums approaches to preoccupations and compulsions and suggest ways in which to improve communication and social skills Based on up to date research and using many case examples the authors consider each problem and its causes step by step and suggest a number of solutions

Helping Children with Autism Learn Bryna Siegel,2003-06-05 Bryna Siegel gives parents of autistic children what they need most hope Her first book *The World of the Autistic Child* became an instant classic illuminating the inaccessible minds of afflicted children Now she offers an equally insightful thoroughly practical guide to treating the learning disabilities associated with this heartbreaking disorder The trouble with treating autism Siegel writes is that it is a spectrum disorder a combination of a number of symptoms and causes To one extent or another it robs the child of social bonds language and intimacy but the extent varies dramatically in each case The key is to understand each case of autism as a discrete set of learning disabilities each of which must be treated individually Siegel explains how to take an inventory of a child s particular disabilities breaks down the various kinds unique to autism discusses our current knowledge about each and reviews the existing strategies for treating them There is no simple cure for this multifarious disorder she writes instead an individual program with a unique array of specific treatments must be constructed for each child She gives practical guidance for fashioning such a program empowering parents to take the lead in their child s treatment At the same time she cautions against the proliferating but questionable treatments hawked to afflicted families She knows the panic to do something anything to help an autistic child and she offers parents reassurance and support as well as sensible advice combining knowledge from experience theory and research For parents autism in a child is heartbreaking But it need not be overwhelming Bryna Siegel offers a new understanding and a practical

thoughtful approach that will give parents new hope

**Positive Behavior Supports for Adults with Disabilities in Employment, Community, and Residential Settings** Keith Storey, Michal Post, 2025-04-22 This book responds to a critical need for highly qualified personnel who will become exemplary professionals in positive behavior supports for adults with disabilities The authors present a coherent and systematic approach to understanding the purpose of positive behavior supports and how support providers can implement these strategies for desirable results Written in a nontechnical format that includes real life examples the information presented is practical and easily implemented Each chapter contains Window to the World Case Studies Key Point Questions Best Practice Recommendations Employment Community and Residential Activity Suggestions and Discussion Questions Important and relevant older references are included that emphasize the understanding of how this field of study has been built upon classic research establishing the basis of positive behavior supports An advantage of this book is that agencies and organizations preparing support providers can easily use the book in courses or training that address positive behavior supports as it covers methodology that is seldom covered in detail in other texts Support providers will gain the necessary knowledge and skills to provide positive behavior supports in employment community and residential settings thereby improving the quality of life for the individuals they support This third edition has been edited and rewritten with new and significant material including additional behavior support plans College instructors are likely to choose this book based on the consistent format used throughout and the book's readability for students in college classes or adult service providers The comprehensive coverage of positive behavior supports and the direct applicability to applied settings will prove useful to support providers that instruct train and supervise

**An ABA Primer with Application to Teaching Children with Autism** Reg M. Reynolds Ph.D. C. Psych., 2019-01-29 Applied behavior analysis ABA is the application of the past hundred years of research into how learning works It has universal application it can be applied to any situation in which learning is involved Recently ABA has gained prominence in the teaching of children with autism it is currently estimated to affect 1 in every 42 boys and 1 in every 189 girls since while there are many different approaches to treating autism if learning occurs as a result of any of these different approaches it will occur in keeping with the laws of learning on which ABA is based you may productively think of it as remedial education for the social communications deficits that define autism In addition of the myriad of approaches to the treatment of autism spectrum disorders applied behavior analysis ABA has the most research support and some of the best trained therapists

**Capute and Accardo's Neurodevelopmental Disabilities in Infancy and Childhood** Fatima Y Ismail, Pasquale J. Accardo, Bruce K Shapiro, 2024-11-26 Capute and Accardo's Neurodevelopmental Disabilities in Infancy and Childhood Fourth Edition provides updated foundational theoretical and practical knowledge on the spectrum and continuum of neurodevelopmental disabilities shaped by ongoing advances in neuroscience and related disciplines It reviews the overarching principles of assessment diagnosis and management of patients with a wide range of neurodevelopmental disabilities Streamlined or fully rewritten

chapters including developmental screening and surveillance neuroimaging and genetic evaluation early intervention principles of pharmacological treatment principles of successful management programs aging and transition planning telemedicine and care in low resource settings are included The book's practical expert led approach aims to prepare future clinicians to skillfully assess and manage children with neurodevelopmental disabilities with the aid of clinical approach flowcharts to common presentations diagnostic algorithms and clinic notes templates Provides the most comprehensive authoritative and up to date single volume on practical aspects of care for patients with neurodevelopmental disabilities Presents a reorganized single volume that is more accessible than previous editions Features new chapters on telemedicine novel therapies care in low resource settings and the future of neurodevelopmental disabilities Includes full color illustrations throughout along with explanatory figures Covers clinical approaches and diagnostic algorithms and templates for clinic notes that are available for online download **CHARGE Syndrome, Second Edition** Timothy S.

Hartshorne, Margaret A. Hefner, Kim D. Blake, 2021-01-12 It was first described in 1979 named in 1981 and in 2004 a gene for CHARGE was identified In addition to a host of other conditions most individuals have communication related problems including hearing vision balance breathing swallowing and speech Each of the editors is an established expert on CHARGE syndrome and has received the highest award bestowed by the CHARGE Syndrome Foundation the Stars in CHARGE They represent three different disciplines psychology genetic counseling and clinical pediatrics Additional information and studies on CHARGE have advanced to the degree that warrant a second edition of this book As in the first edition this book describes the sensory physical communicative and behavioral findings in CHARGE Authors include experts in the field including a number from the CHARGE Center at Cincinnati Children's Hospital Medical Center New to the Second Edition Co Editor Kim D Blake MD A chapter on Educational Issues has been added Reorganized for a greater flow of information All chapters have been revised and updated References have been completely updated More images and illustrations Includes related videos Disclaimer Please note that ancillary content such as documents audio and video etc may not be included as published in the original print version of this book



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