

Children's Sleep Habits

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I. Introduction.

II. A toddler is negative about nearly everything--being negative about bedtime is natural.

III. Authority needs to be established in these relationships.

A. The objective is not behavior.

B. The objective is establishing the appropriate relationship.

C. Everybody questions authority, but it is the glue that holds it together.

IV. Dealing with a child who is afraid at night.

A. Be sympathetic.

B. Offer a counter fantasy.

V. Sleep amount varies per child. Take notice how tired a child is the next day.

VI. Sleeping ought to be one of the first areas of independence.

Application questions:

1. Why is it important to recognize the central problem with toddlers refusing bed? Explain.

2. How should one determine how much to let his or her child sleep?

3. What should one do when a child is having difficulty sleeping because of irrational fears? Explain.
