

# Foster Parent College: Sleep Problems

Some of the most difficult parenting happens at bedtime – just when parents are tired and in need of a break.

In this DVD, Dr. Richard Delaney talks with four families about the sleep problems their children experience and offers the viewer understanding, insights, and practical steps to overcome these problems. This program looks at four common types of sleep problems in children: fear about sleeping alone, frequent waking and roaming, nightmares and night terrors, and sleep problems with depression.

## Use For:

- Foster, adoptive and kinship parents
- Group trainings

Scenes from Foster Parent College: Sleep Problems

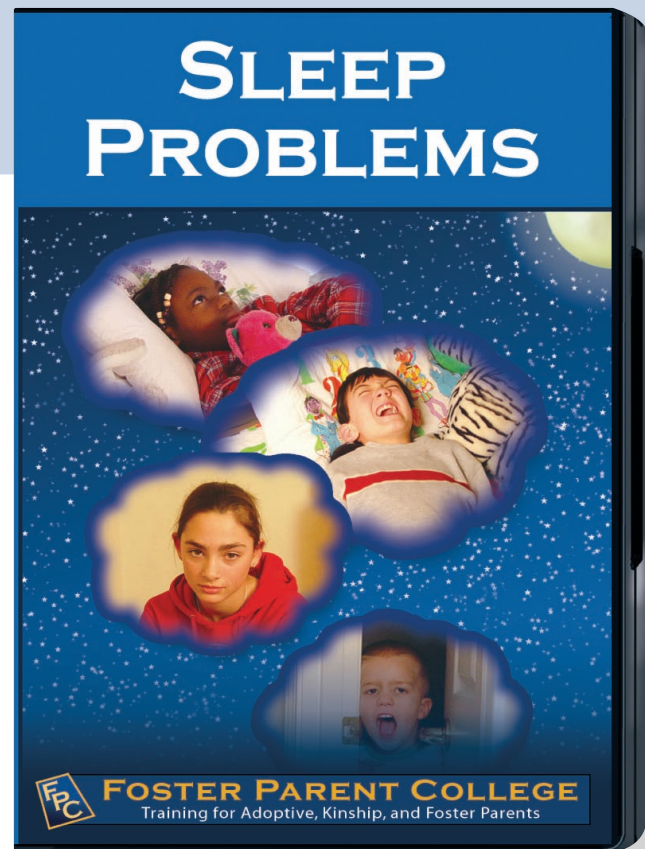


This program looks at four different children and their families to address sleep problems.



Dr. Delaney offers insights about the causes of sleep problems, and presents steps on how to resolve this difficult behavior.

Foster Parent College offers parent training courses on difficult behaviors and conditions. Other classes include Culturally Competent Parenting, Grief & Loss In the Care System, Child Abuse & Neglect, Anger Pie, Anger Outbursts, Sleep Problems, and many more.



## Includes:

- Interactive DVD
- Viewer's guide
- Reproducible questionnaire

## Product Details:

- Age Group: Adult
- Publisher: Northwest Media, Inc.
- Publishing Date: 2004
- Running Time: 30 minutes
- DVD ♦ #765 - \$99.00

For more information or to order these products:

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