



## But I m Not Tired!~ The Nature of Sleep, and How to Nurture It in Children and Teenagers (Paperback)

By Jennifer S Smith

Vivid Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you want all the information you need to get your children and teenagers to sleep well, this book is for you. Our young people have much less sleep than their counterparts in any previous generation, and parents are understandably concerned. They consistently ask, Can we blame nature, nurture or both, for the chronic sleep deficits our young people currently suffer? To answer these important questions, Jennifer Smith draws on the findings of academic research and her vast experience as a leading child and adolescent psychologist. Throughout the book, she offers parents insights into the nature of sleep, and tried and tested practical strategies on how to nurture it in young people. Written in a friendly, entertaining style, this highly informative book is a necessary read for parents with children and teenagers. ABOUT THE AUTHOR Jennifer Smith is a highly experienced educational, developmental and counselling psychologist and a registered elementary and high school teacher. She has had many years of experience as a mainstream classroom teacher and special education teacher. Jennifer has also had extensive experience as a university lecturer to...



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