“There’s a monster under my bed”: all about nightmares, night terrors, night wandering and bedwetting

Just last night my ten year old sounded the “MOMMY, MOMMY!!!” alarm in the middle of the night. Almost without opening my eyes I went to his room and calmly walked him to the bathroom where he emptied his bladder with gusto and went right back to bed. Witness: A nightmare with a purpose.

Ever wonder when you, the parent, get to sleep through the night? Now that your child has graduated from the crib, tune into this podcast to learn how to handle situations that sabotage sleep in children: nightmares, night terrors, night wanderings, and bedwetting.

https://www.twopedsinapod.org/wp-content/uploads/2014/09/There-s-a-monster-under-my-bed__-all-about-nightmares-night-terrors-night-wandering-and-bedwetting.mp3

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