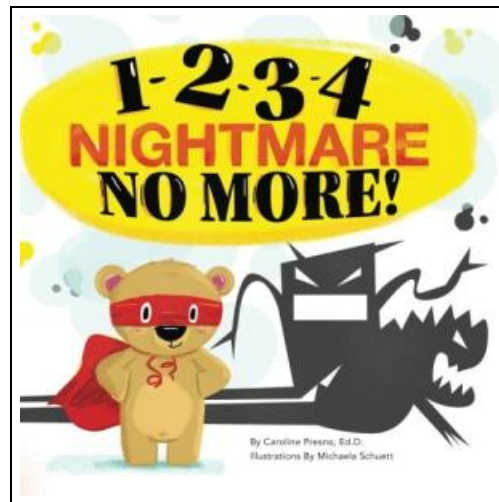


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Createspace, United States, 2015. Paperback. Book Condition: New. Michaela Schuett (illustrator). 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Every child has nightmares; it's part of the developmental process. But nightmares can be traumatic for the child, and can be disruptive for the rest of the family if it keeps everyone awake at night. But in **1, 2, 3, 4: Nightmare No More!** children can join the journey as a teddy evolves from scared to brave and proud as he learns to cope with bad dreams. This book is meant as an entertaining way to help children through the growing pains of nightmares, and can help parents, educators or counselors as they guide the children through the developmental process. The first part is a picture book that weaves practical coping strategies into a relatable story for your child. The second part is for parents and expands on the coping strategies presented in the story including: . Turning a room into a castle . Talking it through . Helping your child relax and imagine a safe place . Using art as a way to draw it out Caroline Presno, Ed.D., is an author, freelance writer, and mom of a 5-year-old girl. She has experience in psychology and education, with a doctorate in Curriculum and Instruction and a master's degree in Mental Health Counseling. She has worked as a psychotherapist counseling children and adults.

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