

2-3-2004

## Press release : 2004 : 02 : 03 : Lecture Helps Parents and Teachers Encourage Children to Get the Rest They Need

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### Recommended Citation

Husfield, John and Durand, V. Mark, "Press release : 2004 : 02 : 03 : Lecture Helps Parents and Teachers Encourage Children to Get the Rest They Need" (2004). *USFSP News and Press Releases*. 7.

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## Lecture Helps Parents and Teachers Encourage Children to Get the Rest They Need

By: [John Husfield](#) | Source: V. Mark Durand  
February 3, 2004 3:51PM EST

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When children have recurrent trouble sleeping, their families must deal with negative effects on behavior, mood, social interactions, physical stamina and performance at school or work.

"Parents can be just desperate," said V. Mark Durand, PhD, professor of psychology and dean of the college of arts and sciences, to a group of nearly 20 parents, teachers and students. The lecture focused on sleep problems for children with special needs, though Durand said the techniques could be used by all parents.

"When some parents can get a break at ten o'clock at night to relax or have some time to unwind, some parents just can't," Durand said. "It can be devastating to a family."

Inspired by many sleepless nights with his own child, Durand offered insight and practical advice in "Sleep Better! Improving Sleep for Children with Special Needs" in Davis Hall Monday night.

The free lecture covered problems ranging from bedtime tantrums to night waking, and gave parents and caregivers a variety of widely tested and easy to implement techniques for encouraging the "habit of sleep." These techniques have already helped thousands of children, including children with special needs.

Durand's techniques have already helped hundreds of children with special needs to get the rest they need. He wrote the best-selling book on childhood sleep disorders, "Sleep Better," and developed a unique treatment for severe behavior problems that is employed worldwide. In 1999 he created the Autism Distance Education Network, a distance-learning curriculum about the origins of autism and treatment options. To date, more than 500 students from several countries have participated in the program.

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