



## ***Is your child having trouble falling asleep?***

**Does your child have difficulty sleeping alone?**

**Is your child fearful at bedtime?**

**Do you approach bedtime with apprehension?**

The child psychologists at the **Hudson Valley Center for Cognitive Therapy (HVCCT)** work with children and parents and can help your child get a good night's sleep.

Psychologists can help with the following sleep-disrupting issues:

- Sleep deprivation
- Separation Issues
- Anxiety / Fears
- Sleep Resistance (not wanting to go to bed, tantrums)

Therapy is goal-oriented, problem-focused, and designed to be short term. Children and parents are coached and taught specific strategies to handle the obstacles that come up at bedtime.

**For more information, please contact:**

**Dr. Christine Ziegler, (845) 353-3399 Ext. 12**

**Or, visit the HVCCT website:**

**<http://www.hvcct.com>**