

ASSESSMENT

Total Marks: 30

- 1.** Give short answers for the following questions: (18)
- i. Outline the sleep problems that exist among children during infancy.
 - ii. What are the biological factors that cause waking problems, during the night, in infancy?
 - iii. Discuss the role of a child – mother relationship, with regards to settling in and night waking problems at infancy.
 - iv. How can sleep - walking experiences be harmful for children?
 - v. What are sleep diaries? Which type of information do they contain?
 - vi. Outline the predisposing factors of sleep problems for children in infancy.

Case Study (12)

Dave suffered from colic as a baby, most nights he wakes up every hour. His parents had tried the controlled crying method but Dave got sick from crying each time they tried. When Dave goes to bed, one of his parents stay in the room with him until he falls asleep. He falls off to sleep quickly, within five to 10 minutes.

But when he wakes up during the night, he may either cry from his room or enter his parents' room. The only way his parents could settle him back is by staying in the room with him until he falls back to sleep or they take him into their bed.

Dave eats well during the day and drinks two bottles of milk, one in the morning and one at bedtime. But with his sleep problem nothing seems to work. His parents are worried and want some help from a professional may be a sleep management plan for their child.

Based on this case, answer the following questions:

- i. How would you diagnose Dave's sleep problems?
- ii. Why does he want his parents to be with him when he wakes up?
- iii. Develop a sleep management plan for Dave.