

Mommy, Daddy, I Had a Bad Dream

Written by Martha Heineman Pieper

Reviewed by Susan Cranage, Assoc Dip. Appl Biol, RPSGT
Sleep Health Educator

After reading this book I was wondering what age group it was trying to target. The characters and style of the book are more for 6 to 7 year olds, but the content and concepts seemed to be more for maybe 10 year olds.

I approached two teachers at the primary school, where I work part time, and asked them what they thought. One teacher is responsible for the school library and the other teacher teaches a grade 3/4 of 9 to 10 year olds.

Both teachers seemed to agree with me about the age group issue, in that the concepts in the book would be more understood by older children but writing style and characters used in the book is more for younger children.

Both teachers agreed that it is **not a book for a child to read alone**, but it is a book, which can be used by teachers or parents to open up discussions with children about dreaming.

The book was read by one teacher to a class of 9 to 10 year olds. He said that the book did generate lots of discussion. He was surprised by how interested and open the children were during the discussion period about dreaming. They were eager to talk about what they thought about dreams and about having bad dreams and what it all means. However, when the children were asked to comment on what they thought of the story in the book, they said that they found the book a bit repetitive.

Overall this book is good for parents or teachers to use to introduce or open up a dialogue about dreams and dreaming and to introduce strategies to deal with the content of a dream. This book aims to help the parent and the child gain some understanding about dreams, what they are, and how to manage them when they occur, with the child ultimately being able to self manage dreams and be able to go back to sleep without disturbing parents. However as mentioned above, it is a book which is best read to a child by a parent rather than a child reading it alone, as they may have difficulty understanding the concepts given about dream content.