

By Dorothy L. Law

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QUESTION FROM A READER:

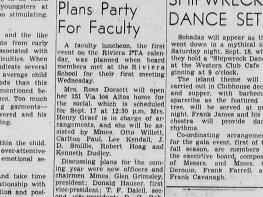
QUESTION FROM A READER: Very often my husband becomes exasperated when our little four-year-old daughter will not go to sleep at night. When this happens he loses his temper and spanks her soundly. Is this a good thing when it happens nearly every night?—MRS. E. J.

night?-MRS. E. J. SLEEP A BASIC NEED No, it is not. Since we spend nearly a third of our life in sleep it is desirable to build pleasant sleeping habits as early as possible. Sleep is one of our basic physical needs. It is best when as little punishment as possible becomes associated with the whole process of going to bed and sleeping. Bedtime should be a happy time for the child. Bed should be the place to relax, feel comfortable, warm, and secure.

HELP CHILD FEEL LOVED

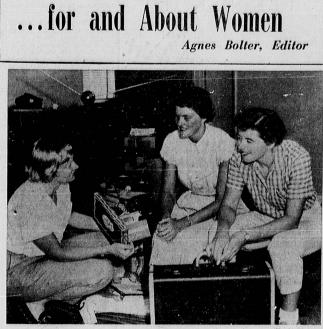
HELP CHILD FEEL LOVED I often recommend to parents the last hour before sleep-time to be a sharing time for parent and child. An excellent time to communicate feelings of acceptance and love to the child. A story hour is also good. Care needs to be taken to avoid wrestling and roughhousing with youngsters at this time, since it very often proves to be too stimulating. AVOID UNPLEASANTNESS Adult problems in insomina instituares and the like





Riviera PTA

STILL UNPACKING . . . the trailer they pulled behind their car at a 30-degree angle all the way from Michigan are Betty Jane Milhlem and Kay Leslie, who are making their new home at the Palos Verdes Apartments, BJ will teach at Torrance High School; Kay has a similar position at El Segundo High School. S. Shepherds SHIPWRECK Return From



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