



# Dream Time With Children: Learning to Dream, Dreaming to Learn

Brenda Mallon

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Children may not understand where their dreams come from and may even experience terrifying nightmares that stop them being able to sleep, and frighten them when they are awake. What do you do as an adult to help them overcome their nightmares? How do you know what is "normal" dreaming for their age and development? This guide gives a step-by-step account of how to understand and interpret children's dreams. Illustrated with practical exercises it also contains interesting facts about the cultural and spiritual significance of dreams. An analysis of Harry Potter's dreams are included - and a look at dreams children reported having in the 1920s.



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