



# Dreamguider: Open the Door to Your Child's Dreams

*Denyse Beaudet*

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## **Dreamguider: Open the Door to Your Child's Dreams** Denyse Beaudet

Denyse Beaudet, a Jungian developmental psychologist for more than 25 years, has helped countless parents understand their children's dreaming lives. By engaging parents in their children's dreamworld, Dreamguider: Increases children's comfort with nighttime and their dreams Helps parents gain insight into their children's thoughts, feelings, and imaginations Encourages creativity in children Strengthens communication between children and their parents

Complete with real-life experiences, examples, and anecdotes, Dreamguider is an invaluable, concrete dream handbook that helps parents: Help their children to become comfortable talking about their dreams Supply direction to their children on the daily practice of keeping a developmentally appropriate dream journal Match children's dream themes to accepted stages in child development Help children to accept and work gracefully with nightmares by explaining how to come to terms with "dream monsters" Understand and gain insight into their children's individual personalities

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