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VIEWS OF MOTHERS WHOSE CHILDREN NEED EARLY CHILDHOOD ERA SPECIAL EDUCATION ON THEIR CHILDREN’S SLEEP AND REST

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ABSTRACT

Basic needs should be resolved in order for a learning is realized. It is known that families of children with special educational needs experience difficulties at their children’s transition to sleep, during sleep and quality of sleep. Besides these, it is observed that the children cannot experience the rest that may be provided by fully focusing on an object or an incident during the day. It is thought to increase children’s unrest. Purpose of this study is to determine mothers’ view, whose children are in early childhood and having education and consultancy service, on their children’s rest and sleep during the day. Mothers who applied to consultancy centers in the borders of Istanbul during the 2016-2017 educational year constitute the research environment. Sampling of the study consists of four consultancy centers that admitted the study and fifty two mothers. Data has been collected by researchers via two open ended questions in order to find out the thoughts of mothers on rest during sleep. Findings include that the mothers do not think that their kids are not fully rested during their sleep, besides that a majority of mothers think their kids cannot rest by spending time on a thing or an incident during the day. They explain this by their kids’ nervousness and focusing on things only for a short term. Findings of our study include that some mothers think their children rest in their sleep even if they still look sleepy.