

# Community Education Service

## Sleep 101: For Parents of Infants, Toddlers, and Preschoolers

**Presenter: Jennifer Ference, PhD, R. Psych**

**October 17, 2019**

**Session: 11:00 am - 12:30 pm**

**Sign in: 10:45 am**

Alberta Children's Hospital

**Kinsmen Learning Centre (4th floor)**

28 Oki Drive NW, Calgary, AB T3B 6A8

Session is **FREE**  
of charge/  
Parking fees  
may apply/  
Limited child  
care available,  
call  
(403) 955-2500

**\*\*Register: <http://community.hmhc.ca/>\*\***



To request Telehealth/VC or Audioline, **please click on the video or telephone icons above** or next to the session title on the website for more information on how to register.

This session will cover typical sleep patterns for children in the 0 to 5 year-old range. Evidence-based information on sleep will be presented to parents, who will learn how to teach their young children to fall asleep independently and stay asleep through the night. We will also cover naps and how to address early morning waking.

**\* Expecting parents are also welcome to attend \***

**Level I:** This session presents an overview of sleep habits for young children and parents and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and in partnership with **AHS Sleep & Neurosciences Clinics.**