

Community Education Service

Sleep 101 for Parents of School-Aged Children

Presenter: Jennifer Ference, PhD, R. Psych

November 14, 2019

6:30 pm - 8:00 pm

Sign in: 6:15pm

Alberta Children's Hospital

4th Floor Auditorium

28 Oki Drive NW, Calgary, AB T3B 6A8

Session is FREE
of charge/
Parking fees
may apply

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

For more information: email ces@ahs.ca or call (403) 955 - 4747

*Is your child taking forever to fall asleep at night?
Delaying bedtime and offering up every excuse possible?
Are you co-sleeping and want to change?*

This session will cover typical sleep patterns for children in the 6 to 12 year-old range. Evidence-based information on sleep will be presented to parents, along with details on how to obtain adequate sleep hygiene. A variety of techniques helpful for teaching children to fall asleep and stay asleep will also be discussed.

Level I: This session presents an overview of sleep habits for youth 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.**