

Children's Allied Health, Behavioural Services

Sleep Seminar



Does your child have signs of sleep deprivation such as crankiness, hyperactivity, inattentiveness, memory or concentration problems?

We all know that good sleep habits are important for children. But families' busy schedules can have a big impact on how much and how well children are sleeping.

Research shows that lack of sleep can negatively affect a child's behaviour, ability to learn and more.

This presentation will cover topics such as:

- ✓ How much sleep children really need
- ✓ Causes of some common sleep issues
- ✓ How to get children to fall asleep
- ✓ Getting children to stay in their own beds at night
- ✓ How screen time affects sleep

Join us for this free information session!

Upcoming Seminars:

Thursday, February 28

Thursday, March 7

Thursday, April 4

Thursday, May 2

Time:

9:30 - 11:30 a.m.

Location:

**Children's Allied Health,
Behavioural Services
631 Prospect Drive SW
Medicine Hat, AB**

* available via videoconferencing at Brooks Health Centre or other AHS locations upon request.

**Please pre-register at
403-502-8257**

Caution: The recommendations provided in this seminar are for children who are functioning at a developmental level of 18 months of age or older, and do not have any illnesses or disorders that may require 24-hour care and one-to-one attention of an adult. For help with sleep issues involving these children, contact your Public Health Nurse or Physician.