

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?

Sleep is a very important part of children's mental and physical health. Research shows that lack of sleep can negatively affect a child's temperament, behaviour, ability to learn and more.

This presentation will cover topics such as:

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

Join us for this free information session!

Upcoming Seminars:

January 9, 2020

February 13, 2020

March 19, 2020

April 23, 2020

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.