

Sleep...How to Help Your Child Get More

For parents/caregivers, community and therapists supporting children/youth with disabilities.

Dates/Times: Tues November 9, 2021, 10:00-11:00 a.m.
or
Weds November 10, 2021, 6:00-7:00 p.m.

Location: Zoom online platform

Zoom requires a computer and data. Please ensure that you have enough data on your home plan that you do not go over and incur extra charges.

Cost: Free

Register: Online registration for November 9 go to <https://sleepnov9.eventbrite.ca/>

Online registration for November 10 go to <https://sleepnov10.eventbrite.ca>



Description

Does your child or youth go to bed late, wake up early, wake up throughout the night or not cooperate with bedtime routines?

Sleep...How to Help Your Child Get More is a presentation designed for parents/caregivers of children or youth with disabilities.

We will cover the most common sleep problems, help you create a personalized and do-able bedtime routine, talk about a Sleep Log and teach you practical approaches to help your child sleep better, regardless of the sleep problem they are having!

If you are unable to register online, please contact Carrie at 519-953-5445 or register@tvcc.on.ca.