

CHADS Behavioral Services

Sleep Seminar

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

Join us at our free Sleep Seminar, facilitated by:

**Dr. Jill Ravello, Psy.D., R.Psych, CPT-S, MFT
Children's Developmental Specialist
Alberta Health Services**

We all know that good sleep habits are important for children. But parents' busy schedules, children's evening activities & difficulties getting children to fall asleep & stay in bed at night can have a big impact on how much & how well children are sleeping.

Research shows lack of sleep can negatively affect a child's temperament, behavior, ability to learn & 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

The Sleep Seminar is a 2 ½ hour presentation, held at the Medicine Hat Regional Hospital once a month.

Caution: The suggestions & recommendations provided in this seminar are NOT for parents/guardians of children who are not functioning at a developmental level of 18 months of age or older, or 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.



Seminar Dates:

Tuesday, June 9
Tuesday, August 11
Tuesday, September 8
Tuesday, October 6
Tuesday, November 3
Tuesday, December 1

9:00-11:30 a.m.

**...and available via
Videoconference at Bow
Island, Brooks & Oyen
Hospitals**

***Pre-registration necessary.
Call CHADS Behavioral
Services at 403-502-8257.***