

INTRODUCTION TO SLEEP AND THE TREATMENT OF SLEEP PROBLEMS IN CHILDREN

- This is a 1-hour introductory class for parents and caregivers of children with developmental disabilities.
- The instructor will discuss the basics of sleep including how much sleep is recommended for children at different ages, good sleep hygiene practices, and behavioral and medication treatment of sleep problems.



Who: Parents and caregivers of children with developmental disabilities

When: Thursday, October 12, 2023

Time: 5:30pm-6:30pm

Where: Join us live via Zoom

Cost: \$10.00 per household

Capacity is limited. Registration is required.

Use the following link to register: <https://bit.ly/447ssEI> or scan this QR code using your smart phone.



Direct questions to DDBPFamilySupport@cchmc.org or call 513-636-2158.