

# SLEEP WORKSHOP:

## Parenting Solutions for Childhood and Adolescent Sleep Problems

with Dr. Tara Jukes and Dr. Melanie McConnell

### WHO IS THIS FOR?

Parents or caregivers of children (aged 3 -16) with sleep/bedtime challenges

- A 1.5-hour virtual parenting workshop (via Zoom)
- Science-based information about sleep in children and teens
- Practical parenting strategies supported by research to help improve sleep

### WORKSHOP CONTENT

- *Scientific information about sleep* including: how much sleep children/adolescents need; causes, correlates and consequences of poor sleep; and how sleep works
- *An in-depth review of healthy sleep habits* shown to significantly improve quantity and quality of sleep for children/adolescents
- *Specific strategies for common sleep concerns*, including bedtime refusal, trouble falling asleep, waking in the night, and nightmares
- *A brief overview of specific sleep disorders* that typically warrant further intervention
- Caregivers wanting more support to plan and implement practical sleep solutions may register for an optional *individual* follow-up session

### WHEN

Offered several times per year

Please visit:

<https://cornerstonepsychology.ca/>

for the date/time of the next workshop.

### COST

\$195 per family (up to 2 caregivers)

You will receive a receipt and costs may be covered by extended health plans.

### HOW TO REGISTER:

Please contact Cornerstone Child and Family Psychology Clinic at 604-808-5559 or email

[HYPERLINK "mailto:info@cornerstonepsychology.ca"info@cornerstonepsychology.ca](mailto:info@cornerstonepsychology.ca) to register.