



Sleep

A free workshop for Parents of OCTC pre-school aged clients

This workshop will give information about good sleep habits, amount of sleep that is recommended and strategies parents can use to help improve their child's sleep.

This workshop may be of interest if your child:

- wakes several times during the night or needs food or milk during the night after 1 year of age
- goes to bed later than 9:00 pm
- can only fall asleep if you lie beside them
- takes a long time to fall asleep, and/or constantly has the parent going back to spend more time with them
- or if you want to change the sleep routine so your child can sleep in their own bed and/or own room

When : Friday February 2, 2018 at 1:00 – 3:00 pm

Where: OCTC (Main site) , 395 Smyth Road, Ottawa

Registration: Call Carol Stephenson 613-737-0871 ext. 2931 (leave your child's name and your phone number for a call back)

Deadline: registration closes January 19, 2018