



## 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**