

SBJC Parent Workshop

Prioritizing Sleep in Children with Special Needs

Presenter: Sarah Bossio- Certified Sleep Consultant
Your Zen- Baby Sleep

Description:

As a parent of a child with special needs, there are many factors to consider when prioritizing their unique growth and development. Early intervention, physical therapy, occupational therapy, speech therapy, behavior support...the list is endless. Practice and patience helps ensure our children make gains every day. One factor in development that is often overlooked is healthy sleep. Robust research stresses the importance of sleep for growing and developing brains in children, but we know that medical and behavioral implications within this population can present challenges around sleep.

This session will walk through the elements of pediatric sleep:

- What is considered “typical” pediatric sleep, according to age groups
- The science and biology behind your child’s sleep
- How medical implications affect sleep and recommended resources
- How to manage behaviors at bedtime
- How to make bedtime peaceful and enjoyable
- How to troubleshoot overnight wakings or early morning wakings
- How to prioritize your own sleep, without the feelings of guilt

February 27, 2024

6:30 PM- 8:00 PM

<https://meet.google.com/tru-vtif-hvu?hs=224>

Or scan the QR code to join



Let's Have a Good Night!