

# Goodbye Bedtime Battles Workshop

## January to March 2020



**Goodbye Bedtime Battles workshop is for parents of young children aged over 18 months to 5 years. Bedtimes can be a struggle for your child and family. Come to this free introductory workshop to help make bedtimes more peaceful.**

Join other parents and the pediatric Occupational Therapist (OT) to:

- Learn about the different factors that influence your child's sleep: routine, environment, and positive sleep-time associations.
- Discover how to begin and continue healthy sleep habits.
- Choose which first step strategies best fit your child and family.

**Options for follow-up by an OT are reviewed at the workshop.**

### Notes to Parents:

- Select one of the dates below.
- You must call and register all who plan to attend.
- Please arrive on time so that we can make best use of your time.

## 2020

Date and Time	Call to register	Location	City
<input type="checkbox"/> January 29 Wednesday 5:45 PM to 8:00 PM	780 – 489 – 2243  No Child Care	16811 – 88 Ave  Cabrini Centre West End Parent Link Free Evening Parking	Edmonton NW
Location Map: <a href="https://jasperplace-cfrc.com/our-locations/">https://jasperplace-cfrc.com/our-locations/</a>			
<input type="checkbox"/> February 26 Wednesday 9:45 AM to Noon	780 – 413 – 4521  <u>No</u> Child care	25 Fairway Drive  Westbrook Site Family Futures Resource Network	Edmonton NW
Location Map: <a href="http://www.familyfutures.ca/contact-us">http://www.familyfutures.ca/contact-us</a>			
<input type="checkbox"/> March 26 Thursday 6:15 PM to 8:30 PM	780 – 413 – 7703  <u>Limited</u> Child care	10310 – 56 St  Fulton Day Care West Door	Edmonton NW

For updates and information about other parent workshops, visit: [www.ahs.ca/ezprs](http://www.ahs.ca/ezprs)