



Parents as Teachers

Tiverton Program

Serving families of children ages birth to kindergarten entry

Proudly Presents

A Parent's Guide to Healthy Sleep

A free informational session presented by Dr. Judith Owens

For families of children ages 0 to 10.



Wednesday, March 10, 2010

7:00pm

Pocasset Elementary School, Cafeteria

Topics to be addressed:

- The basics of sleep changes and requirements in young children
- The relationship between inadequate sleep and learning, behavior, and health,
- The most common sleep disorders, such as bedtime struggles, night wakings, sleep walking and sleep terrors, and sleep apnea.
- Question and Answer session

Signs That Your Child May Not Be Getting Enough Sleep

A well rested child awakens without difficulty in the morning, alert and ready to face the day. In addition to daytime sleepiness, a child getting inadequate sleep may exhibit any of the following:

Increased

Moodiness and problems with emotions

Aggressiveness and impulsivity
Irritability and frustration

Activity (appearing "hyper")

Decreased

Functioning at school and in social situations

Memory, attention, learning, and reasoning

Activity (appearing "low energy")

Registration is free! Please contact Joan Macomber, Tiverton Parents as Teachers Coordinator at jmaccaper@yahoo.com or 401-683-0166 to register or for more information.



Dr. Owens is the Director of the Pediatric Sleep Disorders Clinic at Hasbro Children's Hospital and the Learning, Attention, and Behavior Program at Rhode Island Hospital. She is an internationally-recognized authority on pediatric sleep and the author of over 100 original research articles. She has appeared on the Today Program, MS-NBC, Good Morning America, National Public Radio, and the Discovery Health Channel, among others, as an expert in pediatric sleep issues. She is the co-author a parent book on sleep "Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens"