

Triple P Parenting Seminar

Children and Restorative Sleep

Is your child afraid of going to sleep because they were frightened by a nightmare?

It can be difficult for caregivers to know what to do when they find their child upset after a nightmare or having experienced night terrors.

This session will:

- Explore and explain the difference between nightmares and night terrors
- Provide strategies to develop a night time routine that will assist in increasing a child's sense of safety and comfort.

[Register today!](#)

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Wednesday May 11, 2022

Time: 10:00 a.m. – 11:30 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

More Information:

Oksana Majaski
Community & Partnership Developer
Oksana.majaski@yrdsb.ca

This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board.