



Comfort Connection Family Resource Center  
Invites you to a Presentation:



Needing SLEEP? 

How to Improve Sleep for  
Your Child and Yourself

Presentation by  
**Emily Varon, MS, BCBA**

Always tired? Not getting enough sleep because of your child's difficult sleeping habits? This presentation will offer parents information on:

1. Average sleep needs of children, birth-18 years
2. Common sleep problems in children
3. Identifying your child's specific needs
4. Sleep-related behavior intervention and problem-solving
5. Question and Answer session

**WEDNESDAY, SEPTEMBER 22, 2021**  
**6:30 – 8:30 P.M.**

Register for this Zoom workshop by clicking [here](#).

Questions? You can contact Patricia Garcia at 714-558-5400  
or [pgarcia@rcocdd.com](mailto:pgarcia@rcocdd.com).

This presentation is offered at no cost.