

CCFRC invites you to a Zoom presentation:



Needing SLEEP? 🌙⭐

## How to Improve Sleep for Your Child and Yourself

Presentation by

**Emily Varon, MS, BCBA, IBA**

Ready, Set, Sleep / [readysetsleep.com](http://readysetsleep.com)

**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, August 27, 2025**

**6:30 – 8:30 p.m.**

To register, use the QR code or click [here](#).



*Interpretation (including ASL) will be provided upon request.*

Questions? You may contact Sandy Marquez Gonzalez at  
714-558-5404 or [smarquezgonzalez@rcocdd.com](mailto:smarquezgonzalez@rcocdd.com).

*This presentation is offered at no cost.*