



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
Ready, Set, Sleep / 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, NOVEMBER 16, 2022
6:30 – 8:30 P.M.

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

Questions? You can contact Patricia Garcia at 714-558-5400 or
pgarcia@rcocdd.com.

This presentation is offered at no cost.

