

## 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 nighttime 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:

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**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**