



**Please call 812-426-9779  
to reserve your spot!**

# **IMPROVE YOUR SLEEP**

## **A SKILLS GROUP FOR PARENTS AND KIDS**

**July 8–August 5, 2021 • Thursdays 4:00–4:45 PM**

**Deaconess Clinic Behavioral Health • 120 SE 4th St., Evansville (2nd Floor)**

**Led by Roselia Juan, PhD—Psychology Resident, and Sylvia White—Child Life/Pediatrics**

### **WHO IS THIS GROUP FOR?**

The group is for parents of children ages 4 to 7 who have difficulty falling asleep due to fears, anxiety, worries. Parents of children with disorders affecting asleep (e.g., ADHD, anxiety, depression). Parents of children with bedtime resistance. Parents who would like to consider non-medicinal options to improve their children's sleep.

### **WHO SHOULD ATTEND?**

This group is for both parents and their children with sleep difficulties.

### **WHAT IS SLEEP HYGIENE?**

Sleep hygiene is good sleep practices that help create and maintain a positive sleep state. This may include creating a positive sleep environment and developing healthy lifestyle habits.

### **WHY IS SLEEP IMPORTANT?**

Sleep problems are common complaints among parents, with approximately 20–35% of children experiencing sleep disorders. Insufficient sleep can impair a child's functioning and cause daytime fatigue and concentration problems. Sleep-deprived children can experience decreased general health, learning problems and mood disturbances. Children's sleep patterns lay the groundwork for adult sleep (Sadeh Avi, 2007).

### **HOW MUCH DO THE SESSIONS COST?**

Medicaid, insurance or \$25 per session.