

## SEMINAR

Topic: **How to get your child to go to sleep and stay asleep**

Speaker: Dr. Kirsten Wirth, C.Psych., BCBA-D

Date/Time: Wednesday, June 24<sup>th</sup> @7-8 pm

Location: Bronx Park Community Centre, Computer Lab

Cost: \$25 +GST ea.

Who should attend: parents or caregivers of any children with sleep difficulties.

Registration deadline: June 17<sup>th</sup>

In this seminar you will learn how common sleep problems are in children, side effects for both children (and their adults) from lack of sleep and that they usually don't resolve on their own, what we know from research are the quickest and most effective ways to solve our children's sleep problems, and what we should plan for to prevent barriers from getting sleep. Get more sleep now!

Space is limited so please register early.

**How to register:** simply go to [www.wirthbehaviouralhealth.com/events](http://www.wirthbehaviouralhealth.com/events), fill out the form at the bottom of the page, and you will be sent an invoice. All payments to be made by credit card unless otherwise arranged with Wirth Behavioural Health Services.

Questions or requests? Email [dr.kirsten.wirth@gmail.com](mailto:dr.kirsten.wirth@gmail.com) or call 204-807-6779.

Dr. Kirsten Wirth is a licensed psychologist and board certified behavior analyst-doctoral in private practice ([www.wirthbehaviouralhealth.com](http://www.wirthbehaviouralhealth.com)), an Adjunct Professor in the Psychology Department at the University of Manitoba ([www.umanitoba.ca/psychology](http://www.umanitoba.ca/psychology)), and the Governmental Affairs Chair, Founder, and a Past President of the Manitoba Association for Behaviour Analysis ([www.maba.ca](http://www.maba.ca)). She is also the author of "How to get your child to go to sleep and stay asleep: A practical guide for parents to sleep train young children," and the mother of two young children. Dr. Wirth writes a blog on evidence-based parenting tips at [www.theinvestigatingparent.wordpress.com](http://www.theinvestigatingparent.wordpress.com). She has over a decade of experience working with children, adolescents, and adults, with or without developmental disabilities and autism using, teaching, and training others to use ABA, decrease problem behaviors, and teach skills. Dr. Wirth has also been an invited speaker and presenter at local and international conferences.