

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

Sleep: How to Know When Something is Wrong & What to Do

Sleep is vital to our health and ability to lead successful lives; however, sleep is often misunderstood. When we don't sleep well it affects all other aspects of our world. I will discuss what healthy and developmentally normal sleep looks like and what are some red flags to signal there might be an issue. Together we will explore the three major categories of childhood sleep disorders, dyssomnias, parasomnias, and psychiatric/medical. Included in our discussions will be nightmares, night terrors, nocturnal enuresis, sleep-onset association disorder, separation anxiety and more. To end our day, I will discuss good sleep hygiene techniques and ways to make sure that everyone in the house is getting enough rest!

Approved for 3 Hours of Foster Parent Credit

About the Trainer:

Joann Seeman Smith, Ph.D., LMHC

Dr. Joann Seeman Smith is a Licensed Mental Health Counselor who specializes in diagnosis, and treatment of children and adolescents with attention-deficit disorder, learning disabilities, autism-spectrum disorders, behavior problems, depression and bipolar disorder, anxiety, and adjustment difficulties due to abuse, bereavement, or divorce. In addition to standard short-term and traditional talk therapies, Dr. Seeman Smith has expertise in using play therapy approaches with children, teens, and families, including children and families with attachment-based difficulties.



HOW TO REGISTER FOR THIS CLASS

REGISTER VIA PHONE

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

REGISTER ON OUR WEBSITE

To sign-up for a class through our website, complete our online registration form: www.ifapa.org/training/training-registration-form.aspx. IFAPA will follow-up within two business days to confirm your enrollment in the class.

