Lactation Consultants Association of Greater Washington

**Assessment of Infant & Child Sleep Patterns**

**Dr. Richard Ferber**

**Author, Solve Your Child’s Sleep Problems** (4.5 stars on Amazon!)

**October 17, 2013, Holy Cross Hospital, Silver Spring, MD.**

Speaker 7-8:30 pm

Discussion 8:30-9 pm

Dr. Ferber will speak about

~ Improving ability to assess children with bedtime struggles, nighttime wakings, early morning wakings, and difficulty napping.

~ Understanding that most children have a normal underlying sleep ability but that certain variations of normal still represent problems to caretakers.

~ Recognizing that, in addition to important underlying physiological and circadian controls, children’s sleep patterns are affected by complex habitual, emotional, and interactional factors that must be taken into account during evaluation and treatment.

~ Recognizing that the diagnosis and treatment of sleep disorders in childhood and adolescence requires proper understanding of sleep as a rhythmical function appearing in a circadian fashion in concert with other physiologic rhythms.

~ Understanding how inappropriate schedules, abnormal pacemaker function, and improper caretaker expectations may lead to sleep disorders in children and adolescents.

**Meeting Room TBA, Space is limited, RSVP**: Judy Campbell, judy.lcagw@gmail.com

Cerps applied for from IBLCE. Cerps $5 for non-members.

Everyone & all professions are invited to attend!

LCAGW is the local chapter of The International Lactation Consultant Association.