

Evening Workshop - via Zoom

Presented By: Kidz Conference Services

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PLEASE, GO TO BED!

How to Develop a Sleep Plan for Exhausted Families

December 5, 2023 ♦ 4:30pm – 7:45 pm ♦ Live via Zoom

Presenter: Julie Tartaro, MS ED, BCBA, LBA



Audience: Teachers School Leaders Social Workers Speech/Language Pathologists LMHCs Psychologists BCBA/BCaBAs

Age Range: Early Intervention Preschool Elementary Middle School High School

Course Level/Learning Methods: Intermediate; Lecture

Sleep is an essential element for optimal learning. Sleep difficulties negatively impact a student's ability to learn at school and frequently result in an increase in behavioral problems. Therefore it is essential for educators to understand how to evaluate sleep problems, develop a sleep plan, and train parent to implement.

This session will review the latest sleep and circadian research pertaining to neurotypical and persons with disabilities, and how getting sufficient sleep impacts participation in learning and learning rate. The most commonly reported sleep challenges will be reviewed, with emphasis on how to conduct a sleep assessment to learn what areas need to be addressed (e.g., difficulties falling asleep, waking up during the night, short duration). Evidence-based strategies based on the principles of Applied Behavior Analysis will be discussed, with a focus on the appropriate strategies to address the specific skill deficit. Teachers, BCBA, and related service providers will learn how to support families with children that struggle with these issues, and how to implement a plan to empower their learners' families. The importance of implementing the sleep plan in an effective and consistent manner will be discussed.

Learner Objectives - As a result of this activity, participant will be able to:

- Explain the latest research regarding sleep problems and the impact on learning
- Identify strategies based on the principles of ABA that can implemented to address specific sleep problems
- Develop a a sleep plan and explain how they would train parents

Agenda

- Review of Research (45 min)
- Assessment of Sleep Problems (45 min)
- Break (15 min)
- Strategies to Address Specific Sleep Problems (45 min)
- Developing a Sleep Plan and Parent Training Model (45 min)

Biographical Information:

Julie Tartaro, MS ED, BCBA, LBA is currently a Clinical Supervisor for Family of Kidz in the school-age and community program. She is also a behavior consultant for local school districts in a high school setting. Previously she was a special education classroom teacher working predominantly with young children. In her current and previous positions, she has done trainings for special education professionals, and as well as parents, on a variety of topics.

DISCLOSURE INFORMATION: Financial: Julie Tartaro is an employees of Family of Kidz, our parent organization. This is receiving a speaker's fees for presenting this session. **Non-financial:** There are no other non-financial disclosures.

Register Online: www.familyofkidz.com \$75 non-Kidz staff \$65 Family of Kidz staff (with active cases) Late Fee: \$15 (check website for effective date) Discounts may be available – check website for information.

Info or Special Accommodations: Tesa conferences@familyofkidz.com Should you require a reasonable accommodation to attend, all such requests must be received no less than four weeks prior to the date.

Refund Policy: All cancellations will be subject to the handling fee noted. Refund requests must be received by mail/e-mail at least 10 calendar days prior to the session date or the full amount will be charged. Full refunds will be given if workshop is cancelled due to weather or other unforeseen circumstances. **Handling Fee: \$15**

For Certificates of Attendance and CEUs - You must arrive on time, stay for the entire session, and submit a completed Evaluation Form.

CEUs / CPDs Available

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Intermediate Level
3 ASHA CEUs



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