

# Sleep Training Group

Is your child tired during the day?

Does your child have trouble falling or staying asleep?

Do they avoid going to bed?

Do they refuse to sleep alone?

What: Three group sessions and three individual coaching sessions focused on sleep hygiene, bedtime routines, bedtime resistance, and sleeping independently.

Who: Parents of children ages 3-8

When: Contact us for available times

Where: Your home! All sessions are delivered via video calls.

This study is being conducted by Dr. Karla Fehr and the Early Childhood Development Lab at SIU in collaboration with the SIU Clinical Center.

If interested, please contact:

SIU Clinical Center

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