



Swindells Resource Center



**Alison Christy, MD PhD,  
Clinical Director of Providence Pediatric Neurology,  
joins the Swindells Resource Center for this 2 part series:**

## **Sleep: What Works and What Doesn't**

- Sleep and the developing brain
- Sleep hygiene
- Medications
- When to talk to your doctor



**Wednesday, March 17 6:00 - 7:30 pm**

**Register Here**



## **Headaches in Kids: When to Worry, What to Do**

- Factors that affect headaches
- Treating headaches
- Medications
- When is a headache not a headache?

**Thursday, April 22 6:00 - 7:30 pm**

**Register Here**

For more information or help with registration: [swindells@providence.org](mailto:swindells@providence.org) 503-215-2429

This workshop is free thanks to the Providence Children's Health Foundation and its generous donors.