



Katy Parents of Gifted & Talented Students

invites you to our annual meeting featuring

Sleep Hygiene and the Gifted Child

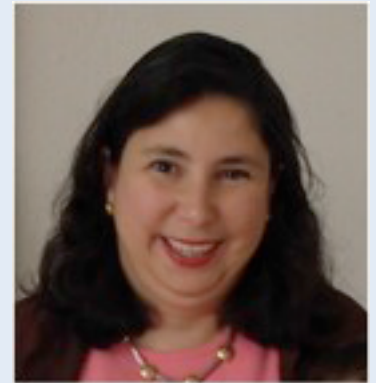
For many of us, when the lights and noise go out at the end of the day, the thinking, reflecting, and worrying begin. Children who are gifted often struggle with anxiety and worry. Further, their minds are always going and always thinking. This difficulty in “shutting down” their brains can interfere with sleep and make nighttime a dreaded part of the day.

This presentation explores the reasons sleep can be elusive for our gifted children and discusses ideas and strategies to address the problem and make those Zs easier to catch.

Monday, May 14, 2018
7:00pm

Katy ISD Education Support Complex
Room 1200
6301 S Stadium Lane
Katy TX 77494

We will hold our annual election for KPGT Board positions before the presentation.



Dr. Lourdes Valdés is a licensed clinical psychologist with over 20 years of experience in the mental health field. She specializes in treating anxiety, using behavioral and cognitive methods that have clear scientific support of their effectiveness and efficiency. When treating children, she primarily uses a family-based approach and works with families to help them find ways to more positively interact with their children as well as effectively manage and nurture behavior.

To learn more about KPGT, visit our web site at <http://kpgt.org>