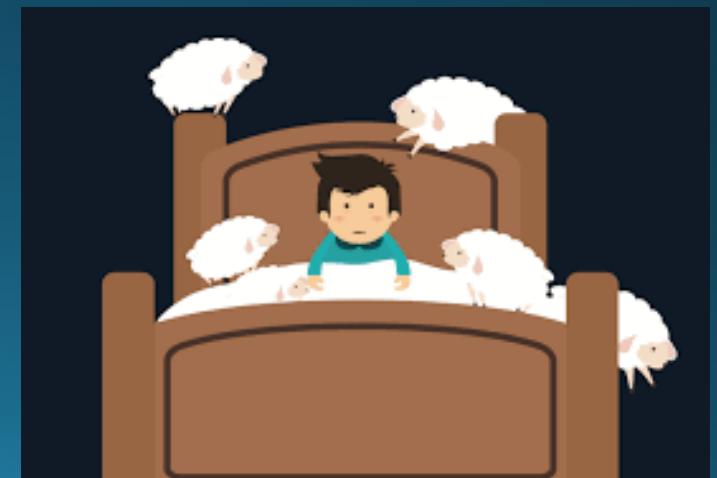


# « Je n'arrive pas à dormir! »

Le sommeil chez l'enfant de 6 à 11 ans



# Les bénéfices d'un sommeil de qualité

- Apprentissages facilités
- Meilleure résolution de problèmes
- Meilleure concentration
- Plus de créativité
- Meilleure gestion des émotions
- Meilleures relations sociales
- Bonne croissance
- Renforcement des systèmes immunitaire et nerveux.



# Pour un sommeil réparateur

- Routine du coucher constante et régularité de l'heure du coucher
- Moment de détente sans écran
- Environnement agréable
- Alimentation légère le soir
- Hydratation pendant la journée
- Jeu à l'extérieur, mouvements
- Dynamique familiale harmonieuse



Quels sont les problèmes de sommeil  
que vous rencontrez avec votre  
enfant ?



# Sleep Webinar

Date: 8 septembre à 19h

Lieu: Family Resilience Club  
Facebook Page

The graphic features a purple background with a white cloud border at the bottom. In the top left is the 'The Kids' Life Studio' logo. The title 'Sleep as a Superpower' is in large, stylized blue letters with yellow stars. Below it, the subtitle 'How to help your child get a restful sleep' is in a smaller white font. The central part of the graphic is a grid of icons and text boxes. The icons include a lightbulb, a brain, a puzzle, a hand holding a book, a recycling symbol with a lightning bolt, three hearts, and a thumbs-up. The text boxes list benefits: 'more creative', 'concentrate for longer', 'problem-solving abilities', 'learn & remember new things', 'more energy during the day', 'create and maintain good relations', and 'make positive decisions'. At the bottom, it says 'SLEEP HYGIENE WEBINAR', 'Date: 8 September 2021', 'Time: 6pm (GMT)', 'Location: Family Resilience Club Facebook Page', and 'Join our panel of experts:'. The experts listed are Candy Fung on Confidence, Minisha Naidoo on Sleep, Aurelie Andriamialison on technology, Anett Villanyi on Anxiety, and Therese Ndjeh on Identity.

www.kidslifestudio.com

The Kids' Life Studio  
Where choices are made easy

# Sleep as a Superpower

How to help your child get a restful sleep

- more creative
- concentrate for longer
- problem-solving abilities
- learn & remember new things
- more energy during the day
- create and maintain good relations
- make positive decisions

SLEEP HYGIENE WEBINAR

Date: 8 September 2021

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Location: Family Resilience Club Facebook Page

Join our panel of experts:

Candy Fung on Confidence  
Minisha Naidoo on Sleep  
Aurelie Andriamialison on technology  
Anett Villanyi on Anxiety  
Therese Ndjeh on Identity



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Ecole inspirée de Reggio Emilia pour les 2 à 6 ans

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