

# Sleep Webinar

Date: 8 septembre à 19h

Lieu: Family Resilience Club  
Facebook Page

www.kidslifestudio.com

## 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

Time: 6pm (GMT)

Location: Family Resilience Club  
Facebook Page

Join our panel of experts:

- Candy Fung on Confidence
- Minisha Naidoo on Sleep
- Aurelie Andriamalison on Technology
- Anett Vitanyi on Anxiety
- Therese Ndjeh on Identity