

# Sleep Webinar

Date: 8 septembre à 19h

Lieu: Family Resilience Club  
Facebook Page

The graphic features a purple background with white clouds and stars. At the top left is the logo for 'The Kids' Life Studio' with the tagline 'Where choices are made easy'. To the right is a large yellow crescent moon with a small figure sleeping inside it. The main title 'Sleep as a Superpower' is written in large, stylized blue letters with yellow outlines and small stars. Below the title, the subtitle 'How to help your child get a restful sleep' is written in a smaller white font. The central part of the graphic contains six icons with corresponding text descriptions: 'more creative' (lightbulb and gear), 'concentrate for longer' (brain and book), 'problem-solving abilities' (puzzles), 'learn & remember new things' (hand holding a book), 'make positive decisions' (hand pointing up), and 'create and maintain good relations' (three hearts). At the bottom left, the text 'SLEEP HYGIENE WEBINAR' and 'Date: 8 September 2021' is displayed, along with 'Time: 6pm (GMT)' and 'Location: Family Resilience Club Facebook Page'. On the right side, the text 'Join our panel of experts:' is followed by a list of names and topics: Candy Fung on Confidence, Minisha Naidoo on Sleep, Aurelie Andriamialison on technology, Anett Villanyi on Anxiety, and Therese Ndjeh on Identity.

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
- make positive decisions
- create and maintain good relations

SLEEP HYGIENE WEBINAR

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Join our panel of experts:

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- Minisha Naidoo on Sleep
- Aurelie Andriamialison on technology
- Anett Villanyi on Anxiety
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