

Conversations with our Tweens

Sleep for better health, resilience and performance

Presented by Lisa Maltman, The Sleep Connection



Did you know?

When we experience sufficient sleep, our academic performance, mental health, behaviour and physical health have significant long term positive impact.

Join this parenting seminar to:

- Understand more of the impact sleep deprivation has among students, in all aspects of their lives.
- Learn strategies and tools to assist your children to make informed decisions about their sleep health
- Be equipped to initiate sleep smart conversations at home



Presenter: Lisa Maltman, the founder of [The Sleep Connection](#) is passionate about improving lives through healthy sleep and concerned that over 30% of primary school children and 70% of teenagers are sleep deprived. Lisa specializes in helping students, staff and parents thrive in their overall physical and mental health, school performance, and family lives through her interactive programs and workshops.

WHEN:

Tuesday 15th June

TIME: 7-8 PM

WHERE: Online- Zoom

COST: FREE

REGISTER:

<https://www.trybooking.com/BRXIW>

RSVP:

Monday 14th June 3 PM

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FOR: Parents & caregivers of tweens (8-13 years old).

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LOWER NORTH SHORE CHILD & FAMILY INTERAGENCY

