

DISCOVER THE SECRETS TO
BETTER SLEEP FOR YOUR
CHILDREN AND FAMILY

Lights Out, Sweet Dreams

A Practical Webinar for Parents and Caregivers

(ages 3-18)

Join us for an engaging webinar as we delve into the fascinating world of sleep science. Gain valuable insights into understanding sleep needs across the lifespan and learn practical strategies to promote healthier and more restful sleep for children and families.

PRESENTED BY ESF EDUCATIONAL PSYCHOLOGISTS



Dr Rachael Edwards

&



Dr Steff Ho

Thursday 14th March,
6 - 7 pm

ESF
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REGISTER HERE

THIS WEBINAR IS OPEN TO ALL ESF PARENTS, CAREGIVERS AND STAFF