

Carebridge Webinar

Better Sleep for Parents and Kids



This presentation will focus on the sleep needs of parents and kids. In the American epidemic of insufficient sleep children are suffering the most. Kids between birth and fifth grade are sleeping from one and one half to two hours less sleep per night than recommended. This information arms parents to improve their own and their children's sleep. This hands-on presentation will help you to understand sleep needs for all ages and improve family sleep across the board. Attendees will learn the actual recommended amounts of sleep for children of various ages from birth to teenage years and further on into adulthood. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep.

Date: Tuesday, August 17, 2021

Time: 12:00pm—1:00pm EST

Click to Register: https://carebridge.zoom.us/webinar/register/WN_SIDRAKc_TiCnuD3N9o4zZQ

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