



HAZEL TREMBATH ELEMENTARY

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FREE Sleep Webinar for Parents: Hazel Trembath Elementary School



Is your child:



- Struggling with nighttime anxiety?
- Going to bed too late?
- Taking long to fall asleep?
- Showing bedtime resistance?
- Suffering from frequent nightmares or night terrors?
- Waking up at night or very early in the morning?
- Sleeping with you (and you would like to change this)?

Then this webinar is for you!

In this parent education workshop, you will learn what might be the underlying reasons for your child's sleep challenges as well as valuable strategies that will enable you and your child to have a more positive bedtime experience, gain independence with sleeping, and improve your child's overall sleep. A stronger immune system, improved focus and attention, memory retention and better mood are just a few of the many benefits of a good night's sleep.

Date: Tue, January 19th 2021, 7 – 8:30pm

Presenter: Sarah Fenrich, Occupational Therapist and Holistic Sleep Coach
(www.holisticsleepsolutions.ca)

How to register: Please use the link below to register by **Tuesday, January 12th 2021.**

<https://zoom.us/meeting/register/tJUlcOitqTguHNHwARzjooNgFBQxfHCnswFl>

After registering, you'll receive a confirmation email with your personal link to join the webinar.

If you are interested in attending but unavailable that night, you can request the recording of the webinar. Simply send an email to Sarah Fenrich sarah@holisticsleepsolutions.ca.