

Tuesday the 15<sup>th</sup> of November 19:00

Link to register:

<https://event.webinarjam.com/channel/PlanetYouthSleepNS>

A Planet Youth Webinar



# The importance of sleep for our national school children

A webinar for parents that explores the importance of sleep, the reasons behind typical sleep challenges, and how parents can practically support their children to develop positive sleep practices.

With Lucy Wolfe  
Sleep Consultant and Author



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Wednesday the 16<sup>th</sup> of November 19:00

Link to register: <https://event.webinarjam.com/channel/PlanetYouthSleepTeen>

A Planet Youth Webinar



# The importance of sleep for our teenagers

A webinar for parents that explores the importance of sleep, the reasons behind typical sleep challenges, and how parents can practically support their teenagers to understand and prioritise their sleep.

With Lucy Wolfe  
Sleep Consultant and Author



Wednesday the 16<sup>th</sup> of November

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