

# SLEEP Solutions for Academic Success

OBESITY, POOR GRADES, EMOTIONAL INTELLIGENCE, ADHD, PHYSICAL HEALTH, TEST TAKING, LISTENING SKILLS, JOY, SAFETY are just a few things that can affect your child's abilities with poor sleep habits.

**You can learn how to help your children get the sleep they need to do well in school and life!**



In this dynamic presentation you will

- learn how much sleep your students need
- identify red flags of sleep problems
- make a healthy sleep plan for your child.

Where: Woodridge Elementary School, Cafeteria

When: Wednesday, October 9, 2013

Time: 7:00 PM– 9:00 PM Q&A after her presentation.

This event is FREE, Coffee, Tea,, water and treats will be served

Presented by Dr. Catherine Darley. Institute of Naturopathic Sleep Medicine

The PTSA General Meeting will be held preceding the talk. Budget and Standing rules will be voted on. **Be There.. Be Counted.**