



Sleep!



Have you ever wondered?

- How much sleep should my child get?
- How do I get my child to sleep through the night?
- How do I get my child to go to bed without a fuss?
 - Why is sleep important?

Join us at Howard Robertson P.S. on
Tuesday February 25th

Pizza Dinner: 6:00 pm

Presentation: 6:30-8:00 pm

Babysitting will be provided from 6:30-8:00 pm

This presentation is presented in partnership with the Mental Health and Addiction Nurses in Waterloo District School Board

Please return this form by February 19th to Mrs. Lotimer.

I will be attending the Sleep Presentation on February 25th

I will need babysitting. My child(ren) age(s): _____

There will a total of _____ members of my family attending.

