

# Community Education Service



*Improving emotional health and well being*

## **Sleep in School-age Children and Youth: Strategies to promote healthy sleep and the challenges of the COVID-19 pandemic**

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Optimal sleep and alertness can be promoted in healthy school-age children and youth by following particular behavioural strategies. Unfortunately, COVID-19 has brought about many challenges to following these strategies and obtaining adequate sleep quality, quantity, and optimal daytime alertness. In this interactive workshop you will learn about: The structure and function of sleep in children, the challenges to obtaining healthy sleep including those brought about by COVID-19, and strategies children and parents/caregivers can implement to counter these difficulties.

## **FREE WEBINAR**

**November 4, 2020  
1:00 - 3:00 PM**

[\*\*Register\*\*](#)

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