

Helping Children Develop Healthy Sleep Patterns



Are bedtime routines going smoothly in your home? Are your children well rested and ready to begin each new day when morning arrives? Are you? How important is sleep anyway? The facts will astonish you! Inadequate rest impairs our ability to think, handle stress, maintain a healthy immune system and moderate our emotions. Come join us for an important, informative and fun presentation by Professional Educator, Author & Presenter Scott Noyes. This presentation will review the facts about the importance of sleep and how to help children establish and maintain healthy sleep habits!

- What?** Free Parenting Workshop
- When?** Tuesday, April 26th 6:00-8:00 P.M.
- Where?** Lamoille Valley Church of the Nazarene
Route 15, Johnson
- Register:** Please call the Lamoille Family Center @ 888-5229
Childcare Provided!

Funding is generously provided by Lamoille Valley Building Bright Futures through the VT Child Development Division, the Green Mountain Fund of the Vermont Community Foundation, and the Oakland Foundation.



480 Cady's Falls Road · Morrisville, VT 05661 · www.lamoillefamilycenter.org
Phone – (802) 888-5229 Fax – (802) 888-5392

Encouraging, Educating and Celebrating Families Since 1976