

# The importance of sleep

Presented by:

## Ngala

Parenting with Confidence

**Date:** Tuesday 20 November

**Times:** 9.30am -10.30am

**Presenter:** Kim Johnson - Practice Consultant Educator: NGALA

**Location:** Early Learning Centre, Kindergarten Room.  
Quintilian School  
46 Quintilian Road MOUNT CLAREMONT

**Cost:** FREE

**Bookings:** No bookings required. Bring a friend!



- Why is sleep important
- Parenting Styles
- Sleep architecture
- Developmental appropriate response to sleep management
- Q and A

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