

Upcoming Event
PARENT INFORMATION EVENING

Monday 20th May, 2019



Sleep Problems in Teens and Tweens...and how to fix them !

Dr Chris Seton Paediatric and Adolescent Sleep Physician, Woolcock Institute of Medical Research



From Chris...



Good sleep, exercise, & optimal nutrition, are the 3 so-called “pillars” of good health in teens & tweens. Sleep deprivation is a common, but frequently overlooked health problem in teens & tweens with 70% of Australian teenagers chronically sleep deprived on school days.

Sleep deprivation has a negative effect on learning and wellbeing, impacting memory, body image, sense of humour, stress levels, family relationships & even ethical judgements. Most of our kids place little value on sleep, & generally are poor sleep managers. Therefore, educationalists, parents, & health professionals all have an important role in detecting & resolving sleep deprivation.

This presentation details the multiple factors that conspire, in the “busy bee” lives of our teens & tweens, to deprive them of sleep, & cause them to be tired, grumpy and moody. Particular types of sleep problems, and the science behind them, will be explained.

This solution focused talk shows parents how to detect sleep problems, & how to implement practical strategies that build resilient, high quality sleep, with the ultimate aim of providing protection from stress-induced mood disorders, while achieving optimal school- learning outcomes.

Details

Venue: Good Samaritan College Hall
401 Hoxton Park Road, Hinchinbrook

Date: Monday 20th May, 2019

Time: 6.30pm - 8.30pm

*Open to **all parents** of students at Sydney Catholic Schools*

To Register:

info@gscchinchinbrook.catholic.edu.au

Important Note: This is a presentation for **PARENTS only**, not suitable for students to attend.

