

Thriving in Kindergarten to Grade 3: Routine and Regulation

Discover the power of building routines around sleep, technology, nutrition, mental health, anxiety and how to manage your child's screen time for a better night's sleep.

We will reveal practical sleep strategies for the whole family, including managing increased screen time during the pandemic. Learn new ways to help you and your child cope during transitions. We will cover 'decompensation' (the inability to function in the face of stressors) and how to avoid this with your child as they enter a new school year.

Presented by Dr. Smita Naidoo facilitated by Andrea Bell



Dr. Smita N. Naidoo is a Child and Adolescent Psychiatrist with a passion for merging clinical medicine and public health. She works at The Foundry-Ridge Meadows, Private Practice- Three Story Clinic, Clinical Faculty at The University of British Columbia and is a co-founder of Paperclouds. Her Master's in Public Health along with a background in clinical medicine has fueled her enthusiasm for providing well-researched knowledge and practical solutions for societal health awareness and education on the values of healthy sleep.

Andrea J. Bell has spent over a decade directly involved with people, education and their health service needs. Leading national corporate initiatives and advocating community mental health awareness transformed her into an entrepreneur-mom who empowers families with healthy sleep knowledge and solutions.

When: Thursday, September 23, 2021, 6:30 pm – 8pm via Zoom

Please register in advance for this workshop:

<https://ca01web.zoom.us/meeting/register/u5UvdeGoqzIqE9eq4PR5QYSa66nhc13LLs-6>

After registering, you will receive a confirmation email containing information about joining the workshop.

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**PAPERCLOUDS/ZZZ
POWER EVENT WITH
DR. SMITA NAIDOO
& ANDREA BELL**

SPACE IS LIMITED

**Email questions ahead
of time to:
Kirsten Hermanson,
Manager – Prevention
and School Wellness**

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