



Parent/Guardian Talk Series Helping Kids of All Ages Sleep Better

Join Stacey D. Elkhatib Smidt, M.D., M.S.T.R., pediatric sleep medicine specialist, from Hackensack Meridian Children's Health and JFK University Medical Center to learn about the importance of sleep for kids' health and tips for a better night's rest.

Key Takeaways

- Sleep in different age-groups of children
- The importance of sleep in your child's life
- Tips to improve your child's sleep
- Concerns to discuss with your pediatrician

THE WEBINAR WILL LAST APPROXIMATELY 45 MINUTES

**Thursday, March 24, 2022
At 12:30pm**

[REGISTER ONLINE](#) OR CALL **800-560-9990**

PARTICIPANTS ARE ENCOURAGED TO SUBMIT QUESTIONS FOR THE DISCUSSION. QUESTIONS SUBMITTED WILL BE PRESENTED ANONYMOUSLY.

KEEP GETTING BETTER



**Hackensack Meridian
Children's Health**