

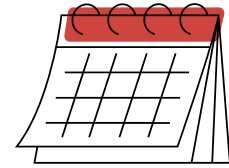
SLEEP

and the Developing Brain

Babies and tired parents aren't the only ones who need lots of sleep. But how do we get rambunctious youth and overpressured teens to prioritize their pillows? Join us as we discuss:

- *why sleep schedules matter from 0 - 18*
- *helpful strategies to prepare for sleep*
- *challenging ages & stages for sleep routines*
- *what to do when all else fails*

Parents and teens alike will benefit from this informative presentation. We encourage you to watch together, learn together and create better health for your whole family.



Wednesday
Jan. 10, 2024
6:30pm

ABOUT THE PRESENTER:

Wendy J. Wallace, DO, FAAP, is a pediatrician at CHOP Primary Care, West Chester and the Director of CHOP Primary Care Behavioral Health.

Dr. Wallace's areas of expertise include Depression in children and teens, Anxiety disorders, Attention-Deficit/Hyperactivity Disorder (ADHD), Acute disease management, Chronically ill or special needs children, Medical administration



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