

MODERN *Parent*

MENTAL WELLNESS

TRICKS AND TREATS FOR YOU AND YOUR KID!



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WHEN COUNTING SHEEP ISN'T ENOUGH

When it comes to a good night's rest, it's a numbers game. Get tips to help your child get the magic number of 9 to 10 hours of sleep a day.

Learn how screen time affects their ability to power down and many more surprising reasons why they just won't hit the sack.

Read [this article](#) to get some important sleep tips!