

# Sleepless in America: Is Your Child Misbehaving or Missing Sleep?



*Mary Sheedy Kurcinka is a best selling author and internationally recognized lecturer and parent educator. Her books “**Raising Your Spirited Child**”, “**Kids, Parents and Power Struggles**” and “**Sleepless in America: Is Your Child Misbehaving or Missing Sleep**” have been translated into 9 languages. Books will be available for sale after her talk.*

- Do you wonder why some children refuse to cooperate in the morning?
- Do you dread the constant bickering and fights with peers and siblings?
- Are the kids getting into trouble for not listening or lacking focus?
- Is it a battle every time you ask them to complete a task—any task?
- Are they “losing it” over seemingly insignificant issues, like a bad hair day or a misplaced assignment?

Come and spend a FREE evening with Mary as she explores the scientific link between misbehaving and missing sleep. You will discover practical tools and real-life examples to help you and the children you live or work with to get the sleep you need and deserve!

**Wednesday, May 3**  
**6:30-8:30 p.m.**  
**SLPHS Fine Arts Center**  
**(enter door #22)**  
**8000 Highway 65 NE**  
**Spring Lake Park, MN**  
*No registration is necessary*  
*SORRY-Childcare is unavailable*

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