



HOWELL TOWNSHIP SCHOOLS
DEPARTMENT OF PUPIL SERVICES
PARENT SERIES PRESENTS...

Bedtime Routines

presented by:

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Thursday, March 4, 2021

11:00 AM via Zoom

TOPICS TO BE DISCUSSED:

- Learn how to establish a schedule and routine for bedtime
- Learn how to use natural remedies to help your child fall asleep and stay asleep

Please email jabramo@howell.k12.nj.us to RSVP