

ParentGuidance.org

April Mental Health Newsletter

Discover the latest insights on how sleep impacts children's mental well-being in our April Mental Health Newsletter "Sleeping Sound." Dive into the crucial connection between quality sleep and children's emotional health. Explore expert tips for fostering better sleep habits and learn how a well-rested child is a happier and more resilient

As always, check out the [ParentGuidance.org](https://www.parentguidance.org) resources, where you can access free courses led by licensed therapists on more than 50 topics. One such course is *Calming Your Anxious Mind*. To access it, simply navigate to ParentGuidance.org and click On-Demand Courses > Anxiety & Depression > [Calming Your Anxious Mind](#).