

## Regional Conferences on the Importance of Sleep

### An Invitation to Collaborate

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The IASWECE Birth to Three Working Group is preparing a study on the subject of sleep. We all need sleep to regenerate and connect to our dream life, and for the little child sleep is so important for the development of the physical body. The child needs sleep to grow.

In countries around the world in the surroundings of the little child we see a number of things that are making it harder and harder for children to have a healthy sleep rhythm. Such threats to sleep include the growing amount of screen time children are exposed to, economic pressures on parents to make money to support their families, less and less awareness by parents of the importance of sleep, the speed with which we expect children to learn things, early academics, more stress, and less and less time to simply "be", to let go, relax and have a spiritual connection.

In order to help generate awareness on this subject, we are inviting people from all over the world to work with us on this theme. In October 2017 and in March 2018 we hope that small conferences will take place around the world, in locations where people can come together to study the subject of sleep. These conferences are intended to be small and easy to attend for people working with small children, because the travel distances will not be as great as for international conferences. We would like to encourage educators, child care providers, parents and trainers, who are interested in hosting a conference on this theme in their region to contact us.

IASWECE can provide support for the preparation. A few ideas:

- Public relations: We can make this subject known to the public. We can put information on our websites and in our newsletters.
- We are publishing a small booklet with quotes from Rudolf Steiner on the subject of sleep. This can serve as study material in preparation for the conferences.

We are looking forward to working with anybody who wants to join us in the preparation for these conferences!

Birth to Three Working Group

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