

Sleep Session

Settling your baby -
for a good night's sleep



Is your child having trouble getting to sleep or sleeping through the night?

If so, you're probably feeling tired and frustrated. Come along and learn strategies and ideas to establish healthy sleeping routines.

Sleeping well is important and healthy for your child... and for you.

Presenter:

Sudha, Social Worker

UCWB Child and Family Specialist Services



Venue: Renown Park Children's Centre

11-17 Napier Street , Renown Park

Thursday 15 March 2018

1:00pm - 3:00pm

RSVP: 9 March 2018

To register your attendance please call Alison or Tania on 8346 4306

*Childcare available
When you register, please let us know if
you require the crèche.*



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