Sleep Solution Session

Are you a parent wondering about your child’s sleep patterns or routines?

Do you have questions about re settling your baby/child during the night? Or transitioning from a cot to bed?

This session will cover important information about children and sleep, followed by ‘question time’ to allow you to obtain advice about your own situation.

After the Sleep Solutions Session there are opportunities for you to engage with the Sleep Specialists for individualised follow-up support and assistance.

PRESENTERS
Sleep psychologist – Dr. Sarah Blunden & Brooke Michell.

COST
$25.00/person or $40/couple
(to be paid by 12/6/15 to secure your booking)

WHEN
Tuesday 16th June 2015
TIME
6.30pm – 8.30pm

Where
Keithcot Farm Children’s Centre
5 Keithcot Farm Drive, Wynn Vale

To book please contact:

Keithcot Farm

Laura Francis
Community Development Coordinator
Tel: 8251 2700
5 Keithcot Farm Drive, Wynn Vale
Email: laura.francis@sa.gov.au