

Sleep Solution Session

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

Does your child struggle to settle to sleep? Or perhaps they are a frequent waker during the night?

Has sleep (or the lack of) created extra stress for you and your family? And you're looking for new strategies to make changes..

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.

PRESENTER

Sleep psychologist – Dr. Sarah Blunden

COST

\$10.00/person or \$15/couple

WHEN

Wednesday 12th April 2017

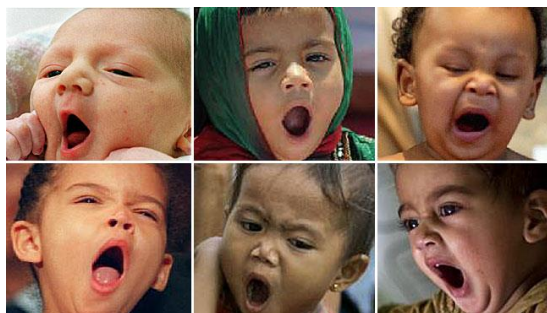
(rescheduled from 8th March)

TIME

6.30pm – 8.30pm

Where

Keithcot Farm Children's Centre
5 Keithcot Farm Drive, Wynn Vale



To book please contact:

Laura Francis

Community Development Coordinator

Tel: 8251 2700

5 Keithcot Farm Drive, Wynn Vale

Email: laura.francis@sa.gov.au

