# Sleep: What Every Parent Needs to Know

DATE

Mar 09, 2024

TIME

10:00 - 11:00



## KIDSPACE RATHCOOLE | EVENTS

Kidspace Rathcoole, Greenogue Business Park, County Dublin, Ireland

ORDER 01636392

ORDER VALUE

€0.00

DISCOUNT

€0.00

PAYMENT:

€0.00

BALANCE:

€0.00

STATUS:

FREE

TICKET 00013

TICKET PRICE

Free

NAME

Grainne Coynce

TICKET TYPE

**Adult Ticket** 

No. of Tickets

1

No. of People

1

Any Extra items are included in your order.



#### **Sleep-What Every Parent Needs to Know (birth-6years)**

### By Lucy Wolfe, Sleep Consultant and Relationship Mentor

- An introduction to your child's sleep
- Responsive sleep shaping strategies to embrace from birth-6 months
- Responsive sleep learning strategies to implement from 6 months to 6 years
- Addressing 3 core reasons that routinely dilute parents' efforts
- Decisions to make that improve sleep-where does your baby sleep-who starts the process-using a dummywhen to begin...
- 10 definitive steps towards positive sleep practices including using my stay and support approach to improve sleep gently and considerately by day and by night
- Questions and Answer session

40-50 minute presentation and 10-20 minute Q & A

All ticket holders will get a discount code of 25% for Lucy's online courses on the day.

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