

Sleep: What Every Parent Needs to Know

DATE
Feb 09, 2024

TIME
10:00 - 11:00



KIDSPACE RATHFARNHAM | EVENTS

21 Main St, Rathfarnham, Dublin, D14 X9H7,
Ireland

ORDER	TICKET	TICKET TYPE
01624688	00022	Adult Ticket
ORDER VALUE	TICKET PRICE	No. of Tickets
€30.00	€ 30.00	1
DISCOUNT	NAME	No. of People
€0.00	Roisin O'Sullivan	1
PAYMENT:	Any Extra items are included in your order.	
€30.00		
BALANCE:		
€0.00		
STATUS:		
PAID		



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 dummy-when 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.

TERMS & CONDITIONS - YourDaysOut

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YDO provides free access to the Site to the Customer. The Services available to the Customer are provided to the Customer pursuant to the [User Agreement](#) and YDO reserves the right to publish additional operating rules or policies from time to time.

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