## 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,

ORDER 01624864

ORDER VALUE €30.00

DISCOUNT €0.00

PAYMENT: €30.00

BALANCE: €0.00

STATUS: PAID

TICKET

00026

€ 30.00

NAME

TICKET PRICE

Laura Ensor

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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