

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
01626864	00037	Adult Ticket
ORDER VALUE	TICKET PRICE	No. of Tickets
€30.00	€ 30.00	1
DISCOUNT	NAME	No. of People
€0.00	Emma Gargan	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.

Organisers, Customers and third parties using our Site and Services can be referred collectively as "Users," "you" or "your."

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