

Sleep Tight Baby Workshop

January to March 2020



The Sleep Tight Baby workshop is for parents of babies **under 18 months**.

Sleep can be a struggle especially as you try to develop routines and wean from night feeds.

Come to this free introductory workshop to support more peaceful sleep for the baby, you and your family.

Join other parents and the pediatric Occupational Therapist (OT) to:

- Learn about the different factors that influence your baby's sleep.
- Discover how to begin and continue healthy sleep habits.
- Choose which first step strategies best fit your baby and family.

Options for follow-up by an OT are reviewed at the workshop.

Notes to Parents:

- Select one of the dates below.
- You must call and register all who plan to attend.
- Please arrive on time so that we can make best use of your time.
- Childcare, if available, is limited: you must call to register for this service

2020

	Date & Time	Call to register	Location	
<input type="checkbox"/>	January 13 Monday 1:00 PM to 3:15 PM	780 – 413 – 7703 No Child Care	401 Festival Lane Strathcona County Library Sherwood Park Public Library	Sherwood Park
<input type="checkbox"/>	February 12 Wednesday 1:00 PM to 3:15 PM	780 – 413 – 7703 No Child Care	Suite 166 Londonderry Mall Londonderry Branch Edmonton Public Library	Edmonton NW
<input type="checkbox"/>	March 11 Wednesday 9:45 AM to Noon	780 – 413 – 4521 No Child Care	#101, 4341 Savaryn Drive Summerside Site Family Futures Resource Network	Edmonton SW

Location Map: <http://www.familyfutures.ca/contact-us>

For updates and information about other parent workshops, visit: www.ahs.ca/ezprs



Revised: 13 January 2020