



information  
children



# Sleep & Bedtimes

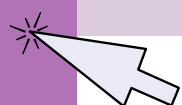
(0-5yrs)

April 27, 2022

10am-12pm

Via Zoom

Sign up



Navigating sleep in the first months after baby has arrived, and into the early years of childhood can be a challenge for caregivers. Questions surrounding what is “normal” sleep for kids, why does my baby keep waking up at night, how do I avoid the bedtime protests, is enough to keep caregivers up at night.

In this workshop geared towards caregivers of children 0-5 years of age, we will build understanding around typical sleep patterns, challenges in infancy, bedtime struggles in early childhood, and strategies to encourage better sleep for little ones.

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