



information
children

Sleep & Bedtimes

0-5 years

Navigating sleep and bedtimes in the early years of childhood can be challenging. What is “normal” sleep for kids? Why does my baby keep waking up at night? How do I avoid bedtime protests? Many of these questions are enough to keep caregivers up at night. Join us as we build an 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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Tuesday

10am-12pm

via Zoom



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