



# Parenting Workshop

Navigating sleep in the first months after baby has arrived and into the early years of childhood can be a challenge for caregivers. Join this online workshop to answer your questions surrounding what is “normal” sleep for kids, why your baby keeps waking up at night, and how to avoid the bedtime protests.

## Navigating Bedtime in the Early Years

### This workshop covers

- Typical sleep patterns
- Challenges in infancy
- Bedtime struggles in early childhood
- Strategies to encourage better sleep for little ones

### Part 1: Tuesday, May 30th from 10 am - 11:30 am

We will explore infant sleep and the foundations of understanding sleep.

### Part 2: Tuesday, June 6th from 10 am - 11:30 am

We will explore toddlerhood sleep and bedtime challenges.

### 2-Part Workshop



### Registration:

Scan or Click  
to Register



FREE

### Online workshop

Registration required to participate in this **FREE** workshop!

<https://bit.ly/pssp parentingworkshop>

### In partnership with:



information  
children

### GOT QUESTIONS?

#### REACH US AT:

1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca  
parentsupportbc.ca

We acknowledge the financial support of: **The Province of British Columbia**

PSS recognizes and respects all the Indigenous Nations and Traditional Lands & Territories that we Gather, Live, Work and Play on across BC