

Parent support workshop

Sleep – the first year

Presented by Caroline's Angels

Join Caroline McMahon and Caroline Radford from Caroline's Angels to talk about gentle yet effective strategies to guide you through settling and sleep for babies 0-12 months.

This session will address:

- settling strategies
- improving day time sleeps
- preventing cat napping
- reducing night waking where appropriate for the age and stage of your child and
- creating safe and nurturing spaces for a healthy sleep.



Caroline's Angels

For parents of babies from birth to 12 months.

Babies under one year are welcome at this session.

Please do not bring older children, as no crèche facilities are provided.

Refreshments and handouts provided – no hot drinks at this session please.

Venue Subiaco Children's Library
237 Rokeby Road, Subiaco

Date Wednesday 29 October 2014

Time 12.30pm to 2.30pm

RSVP by Monday 27 October to culture@subiaco.wa.gov.au
or call 9237 9317 for more information

