



Sleep Tips

for 0–3 year olds

3 part Parent Information and Problem Solving Series

Does your child struggle with their sleep?

This 3 part Sleep Series is a parent information and problem solving series for parents of 0-3 year olds, which will run over 3 separate sessions in Term 3 2018. The sessions will be run by our Occupational Therapist, Carla Cinco, and Speech Pathologist, Lauren Lang. Each session will cover information and strategies related to babies and children's sleep. We will use a problem solving approach to assist you with your individual concerns. The content of each session will be guided by what parents want to know. Some examples may be:

- Why is Sleep important?
- Strategies for improving sleep quality
- Sensory strategies to promote calm and sleep
- Re-settling/soothing ideas

Time: 1:00 – 3:00 p.m.

Dates: Thursday 30th August, Thursday 13th September, Thursday 27th September

Place: Woodcroft Heights Children's Centre
25 Investigator Drive, Woodcroft.

Please note: there are limited crèche places available for children 0-5 years, with users asked to contribute a gold coin towards the cost of the crèche on the day. Thank you.

To book your place in the Sleep Series parent information sessions, please return this form to the front desk at the Woodcroft Heights Children's Centre, or contact Lauren or Carla, on 8381 8005, by Monday 19/8/18.

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I/we would like to attend the ***3 part Parent Information and Problem Solving Series.***

Name/s:..... Phone:

Age of your child/children.....

*Our session will be supported by a crèche for young children, aged 0 – 5 years old. If you will you need to use this service, please provide the name and ages of your children requiring a space in the crèche:

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Please ensure that all children attending the crèche bring along a nut-free and egg-free snack, water, and/or milk bottle (if required), as well as nappies and a change of clothes (if required). Thank you.