



MIDNIGHT MENTOR SLEEP SUPPORT



BIG KID SLEEP SUPPORT

PRACTICAL TIPS FOR BETTER SLEEP IN CHILDREN AGED 3-7

**Do you dread your child's
bedtime?**

**Do you want your evenings
back but your child needs
you in the room to fall
asleep?**

**Do you wake up shattered
because your child takes
over your bed at night or
needs you to go to them?**

**TUESDAY 28TH JANUARY
9.15AM**

WHAT YOU'LL LEARN:



Tips and ideas you can implement straight after the workshop



Developmentally appropriate methods based on being responsive to your child and building connection (no cry-it-out).