



Pediatric Sleep 101

ages birth -12 months

Baby sleep can be hard, but you don't have to do it alone!

Join Certified Pediatric Sleep Consultant Emma Lanza for a roadmap to sleep success during the first 4 years of your child's life.

This program will cover everything from techniques to optimize newborn sleep, how to set up your sleep environment for success, how to extend short naps and how to keep your child in their crib all night.

10:30 - 11:30am

Tuesdays,, September 19th - October 17th

Centerville Library

To register, call Cape Cod Children's Place

508-240-3310

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