



From Swaddles to Sleep Sacks: A Pediatric Sleep Playgroup

ages birth - 4 years old with adult supervision

Join Certified Pediatric Sleep Consultant Emma Lanza for some playtime fun while she gives you a roadmap to sleep success for the first 4 years of your child's life. She will cover everything from sleep techniques, sleep environment, extending naps, sleep regression, and how to help toddlers stay in their own room.

Come enjoy time with your child while learning important sleep related tools.

*Tuesdays 10:30am – 11:30am
1/16, 1/23, 1/30, 2/6 and 2/13
Family Resource Center in Hyannis*

To register, call Cape Cod Children's Place
508-240-3310

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