



Pediatric Sleep Solutions: A Guide to Establishing Good Sleep Habits

Teaching children to 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 3-part series will look at the impact of sleep on overall development.

Topics will include:

- Techniques to optimize newborn sleep patterns
- Setting up your sleep environment for success
- Extending short naps for better rest
- Strategies to help your child sleep in their crib or bed all night

*Wednesdays, 7:00-8:00pm, 1/31, 2/7, and 2/14
on Zoom*

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

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