



Nurturing Sleep Workshop with Sweet Dreams Baby

Parents and carers of newborns rejoice, you are invited to attend a free 'Nurturing Sleep' workshop hosted by Sweet Dreams Baby founder, Renee Sciulli and proudly brought to you by CatholicCare Social Services Hunter-Manning.

The Nurturing Sleep workshop is aimed at parents/carers of children aged newborn - 12 months.

As well as being the proud mum of two children, Renee is also a Certified Maternity and Child Sleep Consultant, who has years of experience working with families that could use some sound sleep!

Renee will assist workshop participants by providing advice on children's sleep challenges and support them to put effective strategies in place, including;

- ▶ The foundations of healthy sleep
- ▶ Rhythm V's Routine
- ▶ Understanding sleep behaviours
- ▶ Sleep associations

Nurturing Sleep workshop dates are as follows:

Mayfield

Monday 25 February 2019
10.00am- 11.00am

The information session will go for approximately 1 hour and morning tea will be provided. Babies are welcome to come along, under the supervision of their parent(s)/ carer(s).

Strictly limited seating is available, please ensure you register your interest to info@sweetdreamsbaby.com.au as soon as possible. Information about the specific location of the event will be disclosed upon receiving your RSVP.

For any questions or enquiries about the workshop please contact Renee at info@sweetdreamsbaby.com.au