



# 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:

### Maitland

Thursday 7 March 2019  
10.30am-11.30am

### Mayfield

Thursday 2 May 2019  
10.30am-11.30am

### Cardiff

Thursday 28 March 2019  
10.30am-11.30am

### Maitland

Thursday 30 May 2019  
10.30am-11.30am

### Mayfield

Thursday 11 April 2019  
10.30am-11.30am

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](mailto: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](mailto:info@sweetdreamsbaby.com.au)**