



Let's Sleep

A FREE program to support parents and carers of children aged 6 to 12 months experiencing sleep and settling issues.

Helping your children to go to sleep and get enough sleep can take time, and for many parents can be exhausting.

This workshop is designed to give you some **help** so that sleep in your household works for everyone.

Who is this workshop for?

Any parent or carer of children in the age range of 6 to 12 months experiencing sleep and settling issues.

What is involved?

One group session (see details below).

What is covered?

- Establishing good sleep patterns
- Realistic expectations of sleep
- Sleep and sleep settling strategies
- Giving you confidence to assist your child to self-settle
- Sharing ideas and experiences with the group to support each other.



Program details:

Place: _____

Date: _____ Time: _____ Cost: **FREE**

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How do I book?

Visit www.healthywa.wa.gov.au/parentgroups. Alternatively please contact the Child Health Booking System on 1300 749 869.