

CAPE & ISLANDS SOCIAL-EMOTIONAL LEARNING PARENTING WORKSHOP SERIES



Sleep Solutions: Infants, Toddlers & Beyond

WITH EMMA LANZA, CERTIFIED SLEEP CONSULTANT

NOVEMBER 8, 2023 | 7:00-8:30PM | ZOOM

Understand how sleep is impacted by environment, sleep associations, nutrition and timing and discover tools for troubleshooting sickness, teething, travel and more. With time to ask questions and connect with other caregivers, you will gain confidence, a stronger bond with your child and restore your own sleep and energy, too! No cost to participate.

[CLICK HERE](#) to learn more and get the meeting link



NO COST THANKS TO THE COORDINATED FAMILY & COMMUNITY ENGAGEMENT (CFCE) GRANT.

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