

Resolving

Sleep

problems in your child!



Presented by EAP,
Nancy Losinno, Speaker
Date: Wed, Feb. 8, 2012
Time: 12 Noon
Place: Berkner B

Topics to be covered:

- Sleep requirements at different ages
- Sleep associations and sleep rituals
- Understanding your child's innate rhythm
- Co-sleeping in the parental bed
- How to promote healthy sleep behavior in your child

Seating is limited, so registration is required.
To register, email nlosinno@bnl.gov

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