



# Let's Talk About Sleep

Parenting by Connection has tools that will help children six months of age or older develop patterns of healthy, uninterrupted sleep. You'll learn loving, respectful strategies you can apply flexibly that will move things toward peaceful nights at your house!

Suitable for parents of children 6 months+

## Event Details

- When** Friday 14<sup>th</sup> August 1pm-2.30pm  
**Where** Online via Zoom, please register to receive meeting details  
**Cost** Free, bookings essential

## Further Information

Contact Belynda on [belynda.smith@meerilinga.org.au](mailto:belynda.smith@meerilinga.org.au) to book your place.

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