

**Nurturing the Pilbara**

# “And So To Sleep”

## Education Session

For parents of children 7 months—2 years

Offers information on sleep patterns, requirements and behaviours related to sleep routines as children become older. Strategies are included to assist you to adjust your child’s pattern of sleep.

**Date: Wednesday 27 October 2010**

**Where: Karratha Family Centre  
Cnr Balmoral & Warrambie St**

**Time: 7.00pm - 9:00pm**

**Bookings Ngala 1800 111 546**

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