



# Sleep 6m—2 years

## Secrets of good sleepers

As babies develop and change, so do their sleep needs. Join us in this workshop to discuss factors that affect sleep, expected child sleep development and strategies for responding to your child around bedtime.



Tuesday  
26th October  
2021  
12—2pm




Hedland Well  
Women's Centre  
2B Leake Street,  
South Hedland



Mums, dads,  
carers and  
grandparents  
welcome

 **AGE RANGE:** 6 months—2 years

 **DURATION:** 2 hours

 **TO BOOK:** [https://  
wellwomens.com.au/  
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