

HEALTHY SLEEP

WHEN

Tuesday, February 12, 2019
1pm - 3pm

WHERE

EarlyON Child and Family Centre
45 Overlea Blvd. Unit 108A
(south side of Mall)

Childminding is available for 18 months & up.

FOR MORE INFORMATION
CALL 416.421.8997

**FREE PARENT
WORKSHOP**
No pre-registration
required

**SLEEP IS
IMPORTANT FOR
BOTH ADULTS &
CHILDREN**

Discuss:

- **Types of sleep**
- **How much sleep is needed for a growing child**
- **How to create a positive environment for a good sleep**