



# SLEEP SOLUTIONS

WITH ALISON JONES

**NO ENTRANCE FEE IS REQUIRED**

**Date: 4<sup>th</sup> February 2021**

**Time: 8:00pm - 9:00pm**

**Format: Online**

(Platform link will be sent via email before the event)

 Scan the QR code to register



- Why is sleep so important?
- What sleep does for your baby/child.
- How much sleep does your child need?
- Bedtime Routines, and why they matter
- 7 Tips to Healthy Sleep Habits
- 4 Golden Rules of Sleep

**Garden House**  
Waldorf Pre-School and Kindergarten



 Recognized by **IASWECE**  
International Association for  
Steiner/Waldorf Early Childhood Education



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