

Nightmares



Knowing what to do when you find your child upset after a nightmare or thrashing around during night terrors can be difficult.

This workshop provides:

- An understanding of what nightmares and night terrors are.
- Suggestions to help you teach your child to settle after waking.

Date: Monday 30 August 2021

Time: 12.00pm to 1.00pm

Venue: Child and Parent Centre Gosnells,
173 Hicks St Gosnells (access from Clara St)

To register: Call 9398 8720 or **Email:** CPCGosnells@centrecare.com.au

Crèche Available
Bookings Essential

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