

# CALLING ALL TIRED PARENTS!



*Presented by:*

***Arielle Driscoll.***

*Arielle is a certified pediatric sleep consultant and founder of Expect to Sleep Again Sleep Consulting, LLC based in Bolton, MA. She is the manager of prenatal, postpartum, and new parent programs at Root & Sprout in Northborough. Arielle is also on the leadership team of the Association of Professional Sleep Consultants, where she serves as social media and marketing manager, and special projects manager.*

## **Sleep Essentials from Infancy through Early Childhood**

- Learn how to establish healthy sleep routines, and create healthy sleep foundations
- Strategies to help if your child is struggling with sleep, and realistic expectations for your child's sleep.
- We will explore both the physical and cognitive development that occurs and how these play a role in your child's sleep.

**May 17, 2018 6:30-8pm**

**Pine Room, off the Fireplace Room @ The International, 159 Ballville Rd, Bolton MA**

**Come early or stay after for a great night out at the International's bar and restaurant! Dinner reservations encouraged.**



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