

Curious Parent Forum: Creating Healthy Sleep Habits

Arroyo Grande Library
800 W. Branch St.
805-473-7163

**Saturday, September 7
11:00 AM**



This class will cover all the basics you need to help maximize your child's sleep potential. You will learn the basic science of sleep and the top five keys for sleep success. Plus a Q & A will be offered at the end to answer your specific sleep questions!



Childcare will be provided and snacks will be served.

Kerrin Edmonds is a Certified Pediatric Sleep Consultant, Happiest Baby on the Block Educator, and Early Interventionist for Sleep. She lives in San Luis Obispo's North County with her husband and three kiddos.



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