

FREE NOVEMBER WORKSHOP

Sleep Patterns and Routines



Bedtime and sleep challenges are common in children and present one of the most difficult parenting issues today. We will discuss the factors that complicate going to bed and falling asleep as well as strategies to ease the nighttime transition.

Monday, November 23, 6:30-7:30 pm



Wonder Works Children's Museum 6445 W. North Ave, Oak Park

Partially funded by the Oak Park River Forest Rotary Club

Facilitated by:
Kori Levos Skidmore, Ph.D., Licensed Psychologist

Availability Limited - RSVP to Reserve Your Space

Free childcare available on site. Contact Leah at 708-848-2227 or Lvergotine@parenthesis-info.org

Parenting Resource Program



Brought to the Oak Park River Forest Community by Parenthesis Family Center
with support from the Collaboration for Early Childhood
405 S. Euclid Avenue, Oak Park, IL | 708-848-2227 | www.parenthesis-info.org

At Parenthesis Family Center all Parents Rock! Want to know more? Visit us at www.parenthesis-info.org.