

HOSTED BY: EARLY EXPLORERS AND HELP ME GROW IE

FREE PARENT CAFE

Setting Routines and Healthy Sleep Habits

Join Us and Lets Discuss:

- Creating & Maintaining Tech-Free Routines
- The benefits of limited screen time
- Creating Healthy Sleep Habits
- Benefits of Good Sleep
- Recommendations for Sleep
- Setting Bedtime Routines

When:



September 16th 9:30-11 or 4:00-5:30pm

Where:



Virtually on Zoom



Sign Up Here



Questions? Please contact Kristin Symonds at
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 Help Me Grow
Inland Empire