

Join Us for a Virtual Parenting Workshop

March 17 from 12:00 p.m. – 1:00 p.m.

Helping Your Child Sleep at Night

Bright Horizons at Harbor Point invites you to a FREE parenting workshop led by Christine Stevens, certified sleep coach and certified lactation counselor. This workshop will cover what's normal for babies' and toddlers' sleep, the 3 things you need to get your little one sleeping at night, and ways to do it.



Kindly RSVP by 3/12:

<http://bit.ly/bhsleep317>



Christine Stevens, CLC, is a Certified Sleep Coach and Consultant who specializes in working with exhausted parents who've tried everything to get their children to sleep. She's helped hundreds of families teach their children how to have relaxing bedtimes and get a full night of sleep. She'll show you how to do it, in a way that works with your parenting style, so your whole family sleeps all night.

Named as one of the top Sleep Consultants in the US by *Tuck Sleep*, Christine is a sought after sleep expert for Romper.com and has been featured on Good Morning Washington. She has also been featured in *The Washington Post*, *Thrive Global*, and *Vox*.

Bright Horizons at Harbor Point®

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