

Pediatric Sleep Workshop with Consultant Julie Kennedy

Wednesday, June 20
5:00 – 6:00 p.m.

We are excited to welcome pediatric sleep consultant Julie Kennedy to our center for a parent workshop. Her presentation will be geared towards families with infants - preschoolers, who seek guidance in helping their children improve their sleep. She will cover...

- Sleep needs (all ages)
- Good sleep habits
- Consistency in parenting
- Medical conditions and sleep

This workshop is complimentary and members of the community are invited to join us. Please RSVP to Sammamish@brighthorizons.com.

About Julie Kennedy:

Julie Kennedy, MA, LMHC is a Gentle Sleep Coach, trained and certified by Kim West, LCWS-C (a.k.a "The Sleep Lady®".) Julie earned a Bachelor's Degree in Psychology from Washington State University and Master's Degree in Counseling Psychology from Gonzaga University. After a successful and rewarding career as a school counselor in Spokane, she "retired" from her job to start a family. After personally sleep training her first son and helping many friends and family with their children, she discovered how helpful a sleep consultant can be, she decided to become a Gentle Sleep Coach to help parents regain control over their children's sleep habits.

Bright Horizons® at Sammamish

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