



Scott Noyes presents....

## Helping Children Develop Healthy Sleep Habits

Bedtime battles? Not sleeping through the night? No naps? Early risers? This workshop is for you! This presentation will review the facts about the importance of sleep and how to help children establish and maintain healthy sleep habits.

Wednesday, November 14<sup>th</sup>, 2018  
6:00pm-7:30pm

Undermountain Elementary School  
491 Berkshire School Road, Sheffield

**\*Registration required** by calling Jessica 413-464-5095 or email:  
[southberkshirekids@gmail.com](mailto:southberkshirekids@gmail.com)

Childcare is available but must be confirmed; there are limited spots. This workshop is free and open to the community! We will have free raffles and resources!!



MASSACHUSETTS  
Department of  
Early Education and Care



\*This event is neither sponsored nor endorsed by the Southern Berkshire Regional School District.