

# The Formative Years



Parentline NI is running FREE sessions on how parents can support their children through their formative years

## Session 1: Sleep

Parentline NI is delighted to have Susan Wallace from Settled Petals deliver this session for parents. The session will explore some gentle ways to support positive sleep in young children.

**When: Monday 10th May**

**Time: 10am - 11am, via Zoom**

**For more information or to book a place call free 0808 8020 400**

Coming soon -

Session 2: Toileting

Session 3: Fussy Eaters

Session 4: Managing Transitions



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