

MATERNAL AND CHILD HEALTH
SLEEP AND SETTLING SESSIONS
October to December 2021

| SESSION | DAY | TIME | VENUE |
|---------|-----------------------|------------------|---------------------|
| Baby | Thursday 30 September | 9.30am – 11.30am | ONLINE via MS Teams |
| Newborn | Monday 4 October | 9.30am – 11.30am | ONLINE via MS Teams |
| Baby | Monday 11 October | 9.30am – 11.30am | ONLINE via MS Teams |
| Newborn | Thursday 14 October | 1.30pm – 3.30pm | ONLINE via MS Teams |
| Toddler | Saturday 16 October | 9.30am – 11.30am | ONLINE via MS Teams |
| Baby | Thursday 21 October | 1.30pm – 3.30pm | ONLINE via MS Teams |
| Newborn | Monday 25 October | 9.30am – 11.30am | ONLINE via MS Teams |
| Baby | Friday 5 November | 9.30am – 11.30am | ONLINE via MS Teams |
| Newborn | Friday 5 November | 1.30pm – 3.30pm | ONLINE via MS Teams |
| Baby | Monday 8 November | 1.30pm – 3.30pm | ONLINE via MS Teams |
| Toddler | Saturday 13 November | 9.30am – 11.30am | ONLINE via MS Teams |
| Newborn | Thursday 18 November | 1.30pm – 3.30pm | ONLINE via MS Teams |
| Baby | Monday 22 November | 9.30am – 11.30am | ONLINE via MS Teams |
| Newborn | Thursday 25 November | 9.30am – 11.30am | ONLINE via MS Teams |
| Baby | Thursday 2 December | 9.30am – 11.30am | ONLINE via MS Teams |
| Toddler | Saturday 4 December | 9.30am – 11.30am | ONLINE via MS Teams |
| Newborn | Monday 6 December | 1.30pm – 3.30pm | ONLINE via MS Teams |
| Baby | Monday 13 December | 9.30am – 11.30am | ONLINE via MS Teams |
| Newborn | Thursday 16 December | 1.30pm – 3.30pm | ONLINE via MS Teams |
| Baby | Monday 20 December | 9.30am – 11.30am | ONLINE via MS Teams |