



Does your toddler  
have a **hard time**  
falling asleep?

*Learn good bedtime routines before  
Santa comes this year!*



## Bedtime Routines Discussion Group

Help your child learn healthy sleep habits

Join us on  zoom  
Thursday, December 3  
9:00 - 10:30

## Awesome INCENTIVES

Each registered participant who has a child ages birth to 5 will receive a **dinner gift certificate**, **\$5.00 gas card** and additional incentives!



# REGISTER TODAY!

EMAIL Alyssa Waymire at [awaymire@depc.org](mailto:awaymire@depc.org)  
or CALL 252-985-4300 ext. 220.

SPACE IS LIMITED.



Down East  
Partnership for Children

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