

# Let's Talk Sleep!

Are you ready for a *good night's sleep?*

All are welcome to join us for an Infant Sleep Workshop led by Ingrid Prueher, the renowned "Baby Sleep Whisperer".

**Wednesday, June 8<sup>th</sup>**  
**6:30 – 7:30 PM**

The Baby Sleep Whisperer has worked with over 600+ sleepless families around the globe virtually, in-person, and at her practice in Westport, CT. We are excited to be bringing Ingrid's expertise to you in this convenient workshop, completely free of charge.

## *Together, we will:*

- Learn the seven secrets to creating the right environment that is conducive to sleep for newborns, infants, and young children.
- Review the options for sleep training plans that fit your parenting philosophy.

*Space is limited.*

Kindly RSVP to [fairfield@brighthorizons.com](mailto:fairfield@brighthorizons.com) to reserve your seat.

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