



THE BABY SLEEP WHISPERER[®]
Pediatric/Adult Sleep and Nutrition Consulting

Ready for a good night's sleep?

Join us for an Infant Sleep Workshop with
Ingrid Prueher, the Baby Sleep Whisperer.

August 14th 2014, 6:30 p.m. to 7:30 p.m.

Bright Horizons at High Ridge Park is very pleased to be partnering with renowned baby sleep expert Ingrid Prueher for an Infant Sleep workshop. Learn the seven secrets to creating the right sleep environment that is conducive to sleep, and how to choose and implement a sleep training plan that fits your parenting philosophy.

Ingrid Prueher is a pediatric and adult sleep and nutrition consultant, a lactation counselor and a holistic health coach. The Baby Sleep Whisperer has worked with over 600 + sleepless families around the globe virtually, in-person at their home and at her practice in Westport, CT. Learn more about Ingrid at her [Baby Sleep Whisperer](#) website.

She is a sought after expert and has been featured in various media outlets like WSJ, NY Daily News, U.S. News and World Report, PIX 11 news and the Better CT. Ingrid is also the host of the radio show Baby Sleep 911 and is currently filming for a project that involves rescuing sleepless families.

This workshop is offered free of charge but space is limited, so please RSVP to the center if you would be interested in attending.

We will also be offering tours of our facility, and a \$150 tuition credit for any attendees who choose to enroll with us. Please contact the Center to RSVP or for more information.

Learn more and invite friends on [Facebook](#).

Bright Horizons at High Ridge Park

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