

# Nightmares and Night Terrors



Knowing what to do when you find your child upset after a nightmare or thrashing around during night terrors can be difficult.

This workshop provides:

- An understanding of what nightmares and night terrors are.
- Suggestions to help you teach your child to settle after waking.

**Date:** Tuesday 3 March 2020

**Time:** 12.30pm to 2.30pm

**Venue:** Child and Parent Centre Gosnells, 173 Hicks St Gosnells (access from Clara St)

**To register:** Call 9398 8720 or **Email:** [CPCGosnells@centrecare.com.au](mailto:CPCGosnells@centrecare.com.au)

Crèche Available  
Bookings Essential

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