



TEMPLE
ISRAEL
CENTER

NURSERY SCHOOL

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BABIES & BAGELS

Connect with other parents of young babies
while learning from the experts.

This month's expert is:

Brooke Nalle

infant, baby, and toddler sleep specialist
FOUNDER, SLEEPY ON HUDSON

THE GIFT OF SLEEP:

**Trouble Shooting Common Sleep Challenges
Through the First Year**

Tuesday, December 12, 2017

9:15–10:30 am

Join us for coffee, bagels and conversation.

Adequate sleep is essential for proper growth and development, and parents can only be at their best if well rested. Brooke Nalle, founder of Sleepy on Hudson, will discuss what you can do to help your child establish good sleeping habits at a young age.

This is a FREE event. All are welcome.

**For more information and to RSVP,
please contact Nursery School Director, Patty Goldstick at
(914) 948-2800 or at goldstick@templeisraelcenter.org**

