



“SLEEP”



Taking Back Bedtime:

How to “reset” your sleep routines and make bedtime easier for you and your growing toddler!

February 3, 2026

Liza Kaplan Montanino (Certified Pediatric Sleep Consultant)

With an introduction by Cantor Isaac Sonnet-Assor

Does the thought of bedtime fill you with dread or anxiety? Let’s take back bedtime! Join us for an infant and toddler sleep workshop where we’ll discuss strategies you can use to make the bedtime process more enjoyable, and to remove some of the pushback and resistance from your little one. Learn about how to adjust your child’s schedule as they drop naps; the best time to make the crib-to-bed transition; specific tools you can incorporate to help flex your little one’s growing independence while setting some loving limits; and how to support your child’s nervous system at bedtime.

Liza Kaplan Montanino is the owner and founder of Rock-a-Bye Baby Sleep. She is a double-certified pediatric and special needs sleep consultant, as well as a certified autism and anxiety sleep specialist who works with both neurotypical and neurodivergent children to improve sleep health and habits for infants, toddlers, and school-aged kids (birth through age 12).

EAT SLEEP POOP *A Parenting Mini-Series*

Join us for three separate workshops led by experts and hosted by WRT clergy and ECC administration. Light bites and wine provided, followed by a presentation and Q&A. Sign up for one \$18 session, or all three sessions for \$36. Each session will be held from 7:15 - 8:30 pm in the WRT Social Hall. All are welcome.



“POOP” April 23, 2026

Liz Lowy (*Gentle Potty Coach*)
with an introduction by Rabbi Leah Citrin



Register at <https://tinyurl.com/mnxmz83e> or scan the QR to the right.

Questions? Email rebecca.roseman@wrtemple.org.

Sign up here

