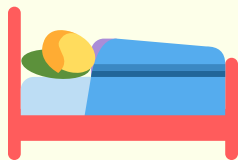


The workshop will involve understanding children's sleep routines and hygiene along with providing strategies to build healthy sleep patterns.

"SLEEP TIGHT"



January 19, 2019

"EAT RIGHT"



February 2, 2019

Come and learn to decode the reasons for feeding difficulties along with a multi-disciplinary way to intervene with them.

Learn about different approaches to help with the toileting process to develop a successful and stress-free toileting experience for your child.

"POTTY ALL RIGHT!"



February 9, 2019

A SERIES OF WORKSHOP ON CHILDREN'S BIORHYTHMS

By Dr Kavita Arora, Dr. Nidhi Rawal, Ms Lavina Nanda and other members of the Children First Safdarjung Team.

Registration cost: Rs 1000 (per workshop) and Rs 2500 (all three).

Email us: Training@childrenfirstindia.com