Sleep and Your Child

Featuring Healthy Babies, Happy Moms Inc. Director
KATHLEEN MOREN, RN, BSN, IBCLC

Getting your infant, baby, or child to sleep consistently is a challenge for many parents, resulting in sleep deprivation for both. Come hear from an expert on dealing with sleep issues and learn how to establish good sleep habits for your child.

Kathy Moren has had a long and rewarding career in neonatal intensive care, home healthcare, hospital and corporate lactation consulting. She founded Healthy Babies, Happy Moms Inc. 11 years ago. It has provided her with countless wonderful opportunities to work with mothers and babies, and further ignited her passion for breastfeeding support as a public health issue. She also holds a Social Behavioral Science faculty position at the Warren Alpert Medical School at Brown University, where she teaches second year medical students. Kathy consults and facilitates classes on a variety of topics, including breastfeeding, pumping and returning to work, infant nutrition, childcare options, and child sleep management.

Bring your lunch - dessert and beverages will be served.

Wednesday, June 1, 2011 ~ 12:00 – 1:00 pm
Memorial Union Gallery

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