

PARENT WORKSHOP SLEEP TIGHT



We are offering a specialist parent workshop for parents/ carers of primary aged children. The workshop will focus on:

- The importance of sleep and understanding about sleep
- How we can help our children with sleep hygiene and healthy bedtime routines
- Strategies to help our children with bedtime and sleep routines

The workshop will run for approximately 1 hour and will be delivered by Educational Mental Health Practitioners from your Mental Health Support Team