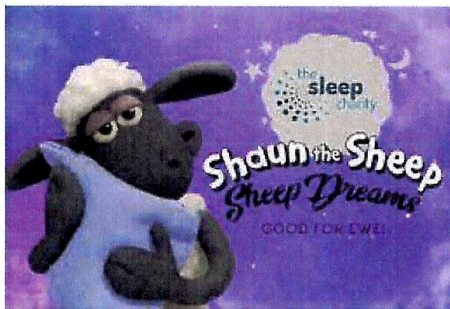




SLEEP WORKSHOP

Date: Tuesday 29th March 2022
Time: 9.30am - 11.30am
Venue: Oak Suite at Peartree Spring Primary School,
 Stevenage, SG2 9GG
Cost: FREE - For Parent/Carers

Supporting parent/carers to make positive changes to their child's sleep patterns, which will enable the whole family to benefit from more sleep. This will have a very positive effect on the health and wellbeing of all family members.



WORKSHOP CONTENT:

- The importance of sleep
- How to keep a sleep diary
- Bedtime routines

*Working to ensure that children get a good nights sleep
 and so do their parents*

Please use the email below to request your place:

d.hansen@peartreespring.herts.sch.uk

Limited Places Available

Stevenage - DSPL Area 2

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