Nottinghamshire Children and Families Partnership



Sure Start Children's Centre Rushcliffe East Children's Centre (Covering Bingham, Cotgrave, Radcliffe & surrounding villages) Eaton Place Bingham Nottingham NG13 8BE

email: Not-tr.RushcliffeCC@nhs.net



Buildina

stronger families

Sleep Tight Workshop (5 Weekly sessions)

Is your child over the age of 12 months old? Do you need advice and support to get your child to go to bed and sleep?

Starting on Tuesday 17th November 2015 At Bingham Children's Centre 1.30 - 3.00pm

Sleep is vitally important to support children's development and their wellbeing. Sleep deprivation affects behaviour, learning, health, mood and the whole families functioning.

Our approach to sleep uses specific behavioural techniques to help parents adapt night time behaviour.

(Limited childcare places available)

To book your place or more information please call: 01949 863 840



Commissioned by: