



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

