

ONLINE SLEEP WORKSHOP

Date: Wednesday 27th January 2021
Time: 10am - 12pm
Cost: FREE - For Parent/Carers

SPACE are delivering the accredited Sleep Tight course from The Sleep Charity

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 click on the Eventbrite link below to request your place:

<https://www.eventbrite.co.uk/e/sleep-workshop-tickets-131685640295>

Limited Places Available



spaceherts@gmail.com



www.spaceherts.org.uk