

Sleep Tight Workshop 23rd November 1:30p.m.



Does your child have difficulty getting to sleep and staying asleep all night?
Do you want to access support to help to improve bedtime?

Join us on our First Sleep Tight workshop

Thursday 23rd November 1:30p.m.

For more information, please contact our Year 1 teacher and SENCo: **Michelle Taylor.**

Michelle has been trained to deliver this programme by The Children's Sleep Charity.

Our workshops include:

- Understanding sleep cycles
- Common sleep issues and strategies to manage these
- Establishing appropriate routines
- Keeping sleep diaries and interpreting the data
- Environments

www.thechildrenssleepcharity.org.uk

Working to ensure that Children get a good night's sleep.....
And so do their parents!



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Child/Children's Name/s:.....

Class/es:.....

I will be attending the workshop on 23rd November at 1:30p.m. YES/NO

I am not able to attend this workshop but would be interested in future events.
YES/NO

Signed (parent/carer).....