



Do you struggle with your child's disrupted sleep?

Do you feel exhausted?

Do you have a child aged 2 – 10 years of age?

Then the Parenting Team would like to invite you to come along to

our **virtual Sleep Seminar** on:

**Thursday 29 February 2024**

**9.30am – 12 noon**

**via Zoom**



The session will include useful information about understanding sleep cycles, establishing bedtime routines, and how to support children's sleep patterns. We will provide you with some helpful handouts that will support the session

To register for a place on this seminar, and receive the session link please, please book via Eventbrite using the link below. Places are limited so please register as soon as possible.

<https://www.eventbrite.co.uk/e/sleep-seminar-29th-february-2024-tickets-788210868927>