

# Sleep tight workshop

for parents/carers of

children aged over 1 year and up to teens



**There are 3 dates available:**

**Wednesday 16<sup>th</sup> Oct 5-6:30p.m.    Saturday 16<sup>th</sup> Nov 9-10:30a.m.    Friday 6<sup>th</sup> Dec 10:30-12:00**

This session will be delivered virtually on Microsoft Teams

Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This 1.5-hour workshop looks at the importance of sleep, understanding sleep cycles, causes of sleep issues and what you can do to support your child to sleep better.

This session will be delivered by a parenting practitioner who has been trained by The National Sleep Charity.

**For more details or to book:**

Please email:

**parenting@coventry.gov.uk**

Please include the following information in your email:

- Preferred workshop date
- Your name, address and postcode
- Parent's/carer's email address
- Child's name and age

