

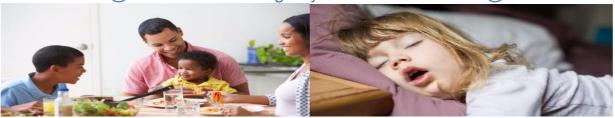


Sessions can be attended face to face or via TEAMS Please email to book:

parenting@dudley.gov.

Two hours is all you need for a Triple P discussion group/workshop for Developing good bedtime routines or Hassle-free mealtimes with children.

Perfect for adding to your tool kit of ideas



SLEEP and MEALTIME WORKSHOPS

Would you like your child to sleep in their own bed? Not call out? Sleep longer?

Does your child have nightmares/terrors? Is your child a picky eater? Do they refuse to sit at a table or eat well? Is your child aged 1-11 years? **Then these could be for you!**

Day	Date	Time	Venue	Workshop type
Wednesday	10/4/24	9:45 to 11:45 am	Halesowen Family Hub- DY9 8HT	Sleep-Developing good bedtime routines
Tuesday	21/5/24	12:30 to 2:30 pm	Stourbridge family hub- DY8 1XF	Sleep-Developing good bedtime routines
Monday	10/6/24	12:30 to 2:30 pm	Brierley Hill Family Hub- DY5 3DY	Food- Hassle free mealtimes with children
Thursday	18/7/24	9:45 to 11:45 am	Coseley Family Hub- WV14 9DS	Sleep-Developing good bedtime routines
Wednesday	25/7/24	9:45 to 11:45 am	Dudley Central Family Hub- DY2 8LJ	Food- Hassle free mealtimes with children
Wednesday	25/9/24	9:45 to 11:45	Dudley Central Family Hub- DY2 8LJ	Sleep-Developing good bedtime routines