

You are invited to attend the following workshop in the school

Supporting Children to get a Healthy Night's Sleep Parent Support Session

On Tuesday 4th October 2022

9.00 – 11.00 am



The 2 hour session will be delivered in school by Inge Taylor (Bracknell Forest Council) and will look at the following

- *The different sleep issues facing families*
- *Tips on how to support your child to get a good night's sleep*
- *Helping children to develop good sleeping habits*
- *Resources available to support a better night*

There will also be an additional ½ hour which allows you the opportunity to share ideas, ask questions and chat to other parents facing similar issues.

The workshop is open to parents/carers of children from any year group. This is a parent/carer only workshop.

If you would like to book a place (on a first come first served basis) please contact Shelley Thorpe familysupport@jennetts.bonitas.org.uk by **29th September** with your name and email address.

This course is for adults supporting children **not** the children themselves
Please provide an email address as you will be asked to complete an enrolment form prior to the start of the session.

