



Sleep Workshop

**Want to understand more about sleep & bedtime routines?
Within this 2 hour workshop, we explore why sleep is important, how we can help develop good bedtime routines & get a restful night's sleep.**

Suitable for those with children aged 12 months - 10 years.

- Why is sleep important?
- What happens when we don't get enough sleep?
- Naps
- Bedtime routines & healthy habits
- Night-time waking
- Rewards & positive praise

Wednesday 21st May 2025, 9am - 11.15am

Join us for a cuppa from 9am, session starts 9.15am

Woodrow First School (Studio Room), Longdon Close,
Redditch, B98 7UZ

No need to book, just turn up.

**For more info please call Holly Trees
Family Hub on 01527 61360**



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