

Sleep Tight Workshop for parents/carers of children aged 1 year and over

3rd August 1:30-2:45p.m.

26th September 9:30-11:00 (just added!)

23rd November 12:30-2:00 (Just added!)



**NEW DATES
JUST ADDED!**

Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This two-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 further information or to book your place on the workshop please email:

parenting@coventry.gov.uk

Please include the following details in your email:

Preferred workshop date, Your name, address, postcode, parents email

age of child and child's name

