

SUPPORTING YOUR CHILD WITH SLEEP HYGIENE A PARENT WORKSHOP



WEDNESDAY 20TH NOVEMBER
9 - 10 AM

Come along to our parent/carers workshop at school to learn more about how to support your child at bedtime as we discuss steps to promote good sleep hygiene.

There will also be time afterwards to meet with representatives from your School Health Team plus:

ADDvanced Solutions
Community Network



SEE YOU THERE!