

***Free workshop for parents of children with additional needs***

# **Sleep success- Helping your child to sleep**

- ❖ raising awareness of good sleep practice
- ❖ strategies for parents
- ❖ discussions with time to share ideas.

Includes: The impact of sleep disorders, The Bedroom Environment, A Good Bedtime Routine, Night Waking, Keeping a Sleep Diary

**Date: Friday 24<sup>th</sup> February**

**Venue:** St Pauls Children's Centre, Archbishop Benson School, Bodmin Road, Truro, TR1 1BN

**Time: 9.30am-1.00pm**

**Booking essential: Contact Jane Armstrong**

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*Refreshments available.*