

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: Tuesday 24th January

**Venue: Weeth Primary School Holman Avenue
Camborne Cornwall TR14 7GA.**

Time: 9.30am-1.30pm

Booking essential: Contact Jane Armstrong

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Refreshments available.