

Sleep Tight Workshop



**Does your child suffer from sleep problems?
Do you want to access support to help to improve
bedtime?**

Join us at our Sleep Tight Workshop

**Starting Wednesday 19th June 2024
10.00am - 11.30am
for 5 weeks**

**At Central Family Hub, Welcome Way
DN1 3LE**

**To book or for more information, please contact
Emma O'Connor or Helen Roberts
Central Family Hub on 01302 737995
(For sleep advice for children aged 2 and above)**

**Our training is delivered by practitioners trained by
The Sleep Charity**

Our workshops include :
Understanding sleep cycles
Common sleep issues and strategies to manage these
Establishing appropriate routines
Keeping sleep diaries and interpreting the data
Environments

**Find out more:
WWW.DONCASTER.GOV.UK/FAMILYHUBS**



**City of
Doncaster
Council**

