

Do you struggle with your child's disrupted sleep?

Do you have a child aged 2 – 10 years of age?
Then the Parenting Team would like to invite
you to come along to

OUR VIRTUAL SLEEP SEMINAR ON:



Thursday 4th July 2024
10th October 2024
12th December 2024
9.30am – 12 noon
via Microsoft Teams

(You only need to book on one session)



The session will include useful information about understanding sleep cycles, establishing bedtime routines, and how to support children's sleep patterns. We will provide you with some helpful handouts that will support the session

HOW TO BOOK:

Visit Facebook page: @StartWellStockport
or website: www.startwellstockport.co.uk
or email the admin team -
admin.startwell@stockport.gov.uk



www.startwellstockport.co.uk

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Family Hubs

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Working together with communities to
support children, young people and families.

