



# Sleep Workshop

Want to understand more about sleep & bedtime routines? Within this 2 hour workshop, we explore why sleep is important, how we can help develop good bedtime routines & get a restful night's sleep. Suitable for those with children aged 12 months - 10 years.

- Why is sleep important?
- What happens when we don't get enough sleep?
- Naps
- Bedtime routines & healthy habits
- Night-time waking
- Rewards & positive praise

These workshops run across the county. Book by scanning the QR code to visit [www.trybooking.com/uk/eventlist/startingwellpartnership](http://www.trybooking.com/uk/eventlist/startingwellpartnership)



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