

Sleep workshop



WORCESTERSHIRE
FAMILY HUBS

FREE face to face 2 hour workshop
at Wands Family Hub,
Droitwich, WR9 9EQ

Monday 13th
October
9:15 - 11:15am



Want to understand more about sleep and bedtime routines? Within this workshop, we explore why sleep is important, how we can develop good bedtime routines and get a restful nights sleep including:

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

**A two hour workshop suitable
for families with children
aged 12 months to 10 years**

To book please scan
the QR code



BARNARD'S

<https://www.trybooking.com/uk/FFPX>

worcestershire.gov.uk/FamilyHubs

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