

Does your child struggle with their sleep?

Free Sleep Tight Workshops

Join us on one of our virtual or face-to-face workshops and:

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Our next Workshops start:

Sleep Tight on Thursday 19th September 2024 from 12.45pm to 2.45pm Virtually via MS Teams

Sleep Tight SEND Friday 20th September 2024 from 9.30am to 11.30am at Wilfred Owen School, Shrewsbury, SY2 5SH

Sleep Tight SEND on Thursday 7th November 2024 from 12.45pm to 2.45pm Virtually via MS Teams

To book a place email Parenting.team@shropshire.gov.uk or call **01743 250950**

Find out
more here

