



Sleep Tight Workshop

**Does your child have sleep problems?
Do you want support to help to improve bedtime and help them (and you!) to get enough sleep?**

Join us on our FREE 5-week Sleep Tight workshop

**Croft Primary School
Weekly for five weeks, starting from Monday 11th June
1.45 - 3.15pm**

To book your place, please speak to any member of staff

This workshop is delivered by Victoria Crooks, who has been trained by The Children's Sleep Charity

The 5-week workshop includes:

- Understanding sleep cycles
- Common sleep issues and strategies to manage these
- Establishing appropriate routines
- Keeping sleep diaries and interpreting the data
- Environments and how they impact on sleep

We are also considering running evening workshops – please speak to the school office to register your interest if you would like to attend a workshop but are unable to attend the times above.

