

Nottinghamshire Children
and Families Partnership



family
action
Building
stronger
families

Children's Centre Services

Rushcliffe District

Bingham Children's Centre Abbey & Lady Bay Children's Centre

Eaton Place

Tewksbury Close

Bingham

West Bridgford

NG13 8BE

NG2 5ND

Tel: 01949 863 840

Tel: 0115 969 4480

Website:

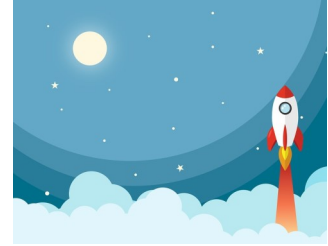
<https://www.nottinghamshirehealthcare.nhs.uk/cc>

Facebook:

Children's Centre - Rushcliffe



SLEEP SUCCESS WORKSHOP 1 DAY COURSE here at Keyworth Primary and Nursery School!



Is your child over 12 months old?

Do you need advice and support to get your child to go to bed and sleep?

Sleep is vitally important to support children's development and their wellbeing. Sleep deprivation affects behaviour, learning, health, mood and the whole families functioning.

Our approach to sleep uses specific behavioural techniques to help parents adapt night time behaviour.

Initially, we are trying to gauge interest from parents to ensure that we have enough numbers for the course to go ahead. A date will be confirmed once we have an idea of this, but it will certainly take place between 9:30-2:30.

Please would you either return this form if you're interested in the programme or speak with one of the Foundation Unit staff. If we have enough parents interested, then we will send out further information.

I (name) _____ would be interested in the Sleep Tight programme.