

# Sleep Tight Workshop

- Would you like to know more about why sleep is important for our health and emotional well-being?
- Does your child struggle with their sleep?
- Would you like to access support to help to improve sleep and bedtime routine?
- Would you like to meet other parents/carers to share and discuss experiences?

Delivered virtually, all you need is an email address and an electronic device. We'll talk you through the rest.

**Starts on Friday 23<sup>rd</sup> April 2021**

**for 5-weeks**

**Time 10.00am to 11.00am**

To book a place or for further information

please contact the

**Parenting Team**

Telephone: 01743 250950

Email: [Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk)