

Twinkle Twinkle Little Stars

Healthy Sleep Habits for Children Workshop for parents & carers in North Lanarkshire

Thursday 11th May 2023

9.30– 11am



This virtual session will include:

- The importance of sleep
- Suggestions on how to support your child's sleep habits
- Opportunity for discussion (time dependent)

Delivered by the Educational Psychology Service

If you wish to join the session please register on
the link below:



[https://teams.microsoft.com/registration/
O5WPqRjWQ0uKZQOCaB-
vSgw,wzAQQtYVmb0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,QCzpwTvv
bEihgOr6t6Cx1w,FUmrOCI-
N0eamtxvzZ3n6g,WMF877Bn8k2QLjpcqpfBrQ?
mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283](https://teams.microsoft.com/registration/O5WPqRjWQ0uKZQOCaB-vSgw,wzAQQtYVmb0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,QCzpwTvvbEihgOr6t6Cx1w,FUmrOCI-N0eamtxvzZ3n6g,WMF877Bn8k2QLjpcqpfBrQ?mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283)