

Twinkle Twinkle Little Stars

Healthy Sleep Habits for Children Workshop for practitioners in North Lanarkshire

**Thursday 16th November
2023 2:30pm-4pm**



This virtual session will include:

- The importance of sleep
- Suggestions on how to support childrens sleep habits and conversations with parents
- 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/l/meetup-join/19%3ameeting_ZWYwODE2MzUtYmU4Ni00NWFhLWE1MzQtZjdiNzMwODY1YjA0%40thread.v2/0?context=%7b%22Tid%22%3a%22a98f953b-d618-4b43-8a65-0382681bd283%22%2c%22Oid%22%3a%2253904c36-1c50-4cf1-9b01-c8fc1fda48e9%22%7d