



Healthy Sleep Habits

Workshop for parents & carers

Thursday 27th February 2025

9.30am – 11.30am

Delivered by NLC Educational Psychology Service

This virtual session will include:

- The importance of sleep.
- Suggestions on how to support children's and young people's sleep habits.
- Opportunities for discussion/questions.

To join us please register at:

EducationalPsychology@northlan.gov.uk

(we will send you a link to join us)