

# Twinkle Twinkle Little Stars

## Healthy Sleep Habits for Children Workshop for practitioners in North Lanarkshire

**Wednesday 12th October**  
**1.30pm-3pm**



This virtual session will include:

- ◆ The importance of sleep
- ◆ Suggestions on how to support children's sleep habits
- ◆ Opportunity for discussion

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,wzAQYVmB0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,MCg8tErXUyt\\_csFS9aeg,ZUa1quKzS0e1gE4xtfPKcw,XHRkXOs4D0C4aKmZXmQ5xg?mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283](https://teams.microsoft.com/registration/O5WPqRjWQ0uKZQOCaB-vSgw,wzAQYVmB0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,MCg8tErXUyt_csFS9aeg,ZUa1quKzS0e1gE4xtfPKcw,XHRkXOs4D0C4aKmZXmQ5xg?mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283)