

# Twinkle Twinkle Little Stars

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

**Wednesday 21st September 2022**  
**1.15- 2.45pm**



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,wzAQtYVmb0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,gwTMSrrQE0aBntE  
77dzEhA,kvZqVs\\_Shkewm\\_VgyS1Kjg,FgcX1nUj-kSWJFxedexi-w?  
mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283](https://teams.microsoft.com/registration/O5WPqRjWQ0uKZQOCaB-vSgw,wzAQtYVmb0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,gwTMSrrQE0aBntE77dzEhA,kvZqVs_Shkewm_VgyS1Kjg,FgcX1nUj-kSWJFxedexi-w?mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283)