

# Twinkle Twinkle Little Stars

## Healthy Sleep Habits for Children

Workshop for parents & carers in North  
Lanarkshire

**Thursday 23rd February 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,wzAQYtYVmb0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,GMB9uyy6q0GXCvUSYoT2dg,xW21m6 li0efxkAVhD37QA,AerMlvwuGUefOPTjqwGakQ?mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283>