

Twinkle Twinkle Little Stars

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

Thursday 6th October
9.30am-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/join/O5WPqRjWQ0uKZQOCaB-vSgw,wzAQYVMB0CZNG5CZjfufA,OxS4f1qwEUKAFb9LDtJBMw,rEiWSP_2PkqJdTvfNRHG2g,dB16sllrMEmOX7IBCvDIVg,KhEODO-Wf0-kf34E1HzbQQ?mode=read&tenantId=a98f953b-d618-4b43-8a65-0382681bd283