



SLEEP TIGHT

“FIND OUT HOW TO GET
A GOOD NIGHTS SLEEP”



DO YOU HAVE CHILDREN WHO ARE
HAVING DIFFICULTIES GETTING
TO SLEEP OR STAYING ASLEEP.
JOIN US TO LEARN SOME TECHNIQUES
ON HOW TO HELP YOUR CHILD
DEVELOP A HEALTHY SLEEP
PATTERN.
HELPING YOU AND YOUR CHILDREN
TO GET A GOOD NIGHTS SLEEP.

THURS 22ND OCTOBER
9:30-11:30AM

This workshop will explore the subject of sleep.

Do you have children who are having difficulties getting to
sleep or staying asleep?

Join us to learn some techniques on how to help your child
develop a healthy sleep pattern.

Helping you and your children to get a good nights' sleep.

BOOK NOW:

<https://tinyurl.com/Sleep-workshop---22nd-October>

For more information: <https://aclessex.com/community-family-learning-online/>
And check out our Facebook page: <https://www.facebook.com/groups/552150055488898/>