



Sleep Tight

Working to ensure that children get a good nights sleep.....

Sleaford Children Centre

Wednesday Afternoons 13:30 – 15:00

26/04/2017 – 24/05/2017

An Introduction To Sleep

Causes of sleep issues

Identifying and managing Sleep Problems

Bed Time Routines

Positive Bedtimes

FREE

Tea and
coffee
provided

And so do their Parents!!!!

To book a place on the above course please contact Lisa Cornall on 07824 714 603 or Sleaford Children Centre on 01529 306 888 or alternatively email NK-Parenting@lincolnshire.gcsx.gov.uk