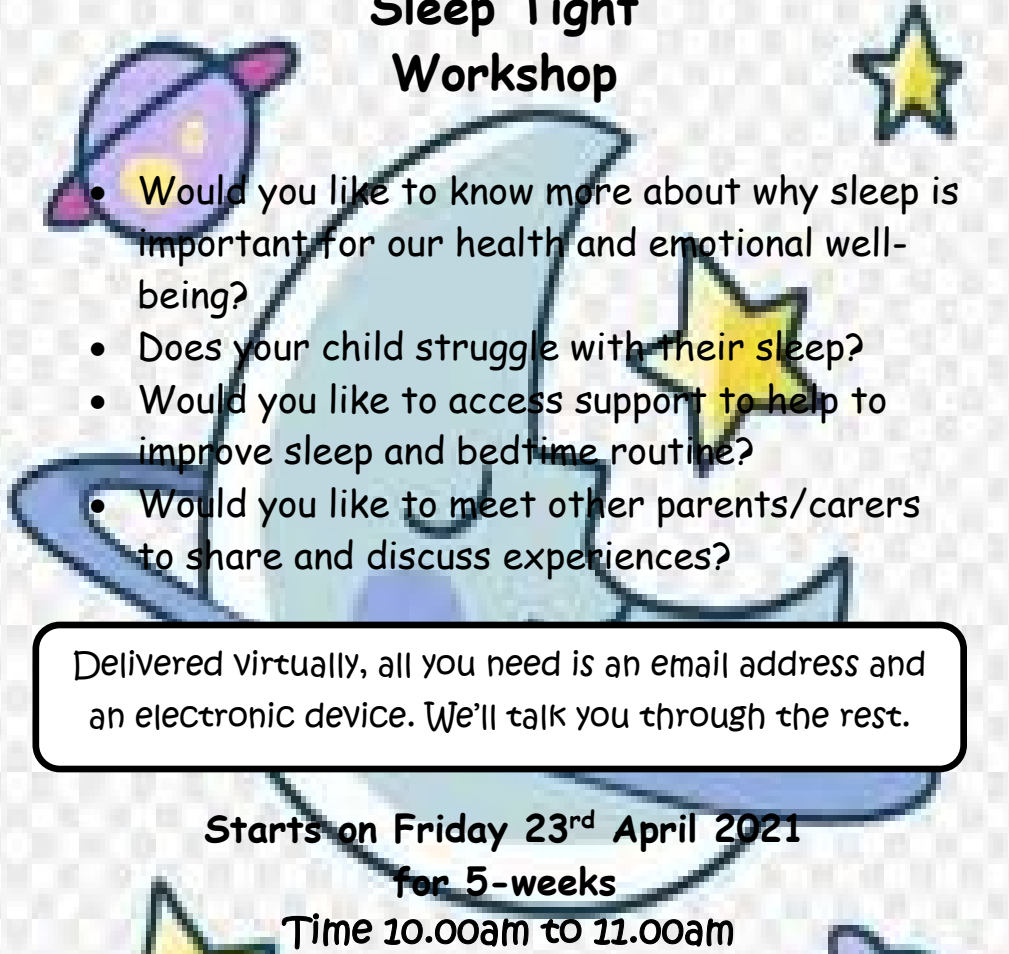


Sleep Tight Workshop

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- Would you like to know more about why sleep is important for our health and emotional well-being?
 - Does your child struggle with their sleep?
 - Would you like to access support to help to improve sleep and bedtime routine?
 - Would you like to meet other parents/carers to share and discuss experiences?

Delivered virtually, all you need is an email address and an electronic device. We'll talk you through the rest.

**Starts on Friday 23rd April 2021
for 5-weeks**

Time 10.00am to 11.00am

To book a place or for further information

please contact the

Parenting Team

Telephone: 01743 250950

Email: Parenting.team@shropshire.gov.uk