



SLEEP WELL & THRIVE

HOW TO HELP YOUR CHILD SLEEP BETTER



COME AND JOIN US AT OUR WEEKLY
'SLEEP WELL AND THRIVE' SESSIONS - HELP
WITH SETTING BED TIME ROUTINES

PROVIDING SUPPORT FOR AS LONG AS YOU
REQUIRE, AS WE KNOW ALL CHILDREN ARE
UNIQUE

EVERY WEDNESDAY 2PM - 3PM IN THE
COMMUNITY HUB WITH MISS GLEDHILL

WEEKLY BEDTIME TARGETS TO FOCUS ON
AND REVIEW EACH WEEK

ADEQUATE SLEEP IMPROVES
ATTENTION, BEHAVIOUR,
LEARNING, MEMORY AND
OVERALL MENTAL & PHYSICAL
HEALTH