

Sleep well and Thrive!

How To Help
Your Child
Sleep Better



Come and join us at our weekly 'Sleep well and Thrive' sessions for parents to attend with their child to set bedtime routines with the support of Miss Gledhill. You and your child will set weekly bedtime targets to focus on and review each week. This support will be provided as long as you need it, as we know all children are unique.

Every Wednesday 2pm-3pm in Chiltern's
Community Hub with Miss Gledhill.

Studies have shown that children who regularly get an adequate amount of sleep have **improved attention, behaviour, learning, memory, and overall mental and physical health.**

