

trying not to fall asleep because you're expecting a text from someone.



I HATE IT WHEN I CAN'T SLEEP!



## WILLOWS CHILDREN CENTRE

Magdalene Close, Ipswich, Suffolk IP2 9UX

13<sup>th</sup> October at 9.30-11.30am

**SLEEP...**

**FRAZZLED?**

**IS YOUR CHILD GETTING ENOUGH?**

**EXHAUSTED?**

Yvette Hart (Parenting Team) and Tara Jennings (South Ipswich School Nursing Team) explain why we need sleep and the common barriers that prevent this from happening.

This interactive sleep workshop will provide parents/carers with useful tips on helping children (0 to 19) achieve a good night's sleep, as well as managing the common difficulties encountered by parents at bedtime including; bedtime tantrums, sleep refusal, nightmares/terrors, invading parents bed, early risers.

**BOOKINGS ONLY. Please contact Parenting Facilitator:**

Yvette Hart: 07808735771