



SLEEP

**Friday 9th August &
Friday 23rd August**

11:30am – 1.00pm

What is it and who is it for?

Sleep can be tricky for many parents and their children. We will explore some of the common sleeping woes, the importance of sleep and what is typical sleep at different ages, some of the things that can make sleep more difficult and finally—positive settling for young children, babies and toddlers.

Crèche is available for a small number of children or you can have little babies with you.

Facilitated by Helen Chalklen, Occupational Therapist

Please phone the centre on 8296 2686 to book in.



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