

## Promoting Healthy Sleep for Your Child

**Date**

Wednesday 7<sup>th</sup> May 2025

**Time**

10:00 to 11:30 am

Session will be held virtually via Microsoft Teams

Supporting your child with a good bedtime routine

A **free** workshop for parents:

- Why is sleep important?
- Impact of poor sleep on children/young people
- How to create a good sleeping environment
- Tips for a positive bedtime routine



**For more details and to book, please email:**

[jnethercoat@hobbshillwood.herts.sch.uk](mailto:jnethercoat@hobbshillwood.herts.sch.uk)

Please include contact details and  
name of child's school when booking

Tel: 01442 401222 Ext: 5