

## SLEEP WORKSHOPS

### Supporting your child with sleep (2-hour workshop)

Visyon's Family and Community Wellbeing Team are pleased to offer a **Parent Workshop** which will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep.

The Workshop is available to families of children **in reception and above** in **Cheshire East** and will be held at **Sandbach children's centre** for **face-to-face** delivery. If you would like to book a place, please contact [lynne.fitton@visyon.org.uk](mailto:lynne.fitton@visyon.org.uk) who will contact you with further details.

Places are limited and will be allocated on a first come basis.

### Parent Workshop

**Wednesday 13<sup>th</sup> July 2022 at 1pm – 3pm**

**Plus:** One-to-one support with a sleep practitioner, arranged for a later convenient date.

