Tel: 01302 751416
www.thechildrenssleepcharity.org.uk
Keep up to date on Facebook and Twitter

The Children's Sleep Charity is the only charity registered in England and Wales, dedicated to children's sleep.

Reg Charity No: 1150585

Sleep Success Workshops

Are you a professional who would like to learn more about sleep?
Are you a parent who needs support to improve your child's sleep?

Join The Children's Sleep Charity on one of 3 accredited Sleep Success Workshops.
The workshops run from 10am to 2.30pm and includes:
Understanding sleep cycles, Common sleep issues and strategies to manage these.
Establishing appropriate routines, keeping sleep diaries and interpreting the data
Environments and a delegate resource pack to take away.

30th April 2019
Meeting Rm 1, Westwood Centre, Tabernacle Street, Buckley, CH7 2JT

1st / 2nd May 2019
Holiday Inn A55 Chester West Westbound, A55, Northop Hall, Mold CH7 6HB

Booking is essential, please email info@thechildrenssleepcharity.org.uk for further information on how to book a place

Please note: children do not attend the workshops. Refreshments will be provided on arrival. Lunch is not provided

If you are interested in our services, or would like to discuss supporting our work please email info@thechildrenssleepcharity.org.uk