



Bedtimes/Sleep

What? My Child Won't Sleep!!

Are you Battling Bedtimes? Does your child settle only to wake a few hours later? Are you co- sleeping and want your child in their own bed?

Come to our FREE 2 hour Discussion Group to gain simple strategies to develop a good bedtime routine. It works, give it a try!!

Where? The Cabin, The Baird Primary Academy,

When? Friday 25th January 2019
9.15am – 11.15am

To book your free place speak to the School Office or text/email Lisa Gentry 07525387748 or email:

info@openforparents.org.uk or visit
www.openforparents.org.uk

