

# Sleep support Workshop

*Wednesday 13th March  
9.15am at Leith Primary School*

*Come and join for coffee and  
discussion about all things sleep*

## Topics covered

- Sleep hygiene
- Sleep requirements for infants and children
  - Barriers to good sleep
  - Positive sleep associations
  - Bedtime routines
- Question and discussion time

The session will be run by Kristy – Family Worker and qualified sleep practitioner

Any questions contact her on 07518 754451