

**Family Learning** are offering a free online workshop called

## **Helping your child to get a better night's sleep**

This will be a one off online session via Zoom (once you have enrolled an invitation will be sent).

**Tuesday morning**

**23<sup>rd</sup> March**

**Starting at 10:00am and finishing approximately 11:30am**

If your child is having difficulty sleeping during these troubling times come and find out some tips and hints to help them get a better night's sleep.

During this session we will be looking at:

The benefits of a good night's sleep

The recommended amount of sleep for your child

What we can do to help our children sleep better

Hope to see you there!

To enrol on this workshop or if you have any queries please email:

[TheLearningPlace@portsmouthcc.gov.uk](mailto:TheLearningPlace@portsmouthcc.gov.uk)

