

## **Webinar for Parents & Carers**

# **Helping Children with Sleep Difficulties**

**A free, one-off session supporting parents and carers of primary aged pupils**

Understand more about children's sleep and what may impact this

Find out about strategies to help your child improve their sleep



Consider ways to improve sleep hygiene and reduce worries around bedtime

Learn more about common sleep problems that affect children

**This webinar is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.**



**Sat 21st Sept @ 10:00am**

**Mon 28th Oct @ 12:00**

**Thurs 21st Nov @ 5:30pm**

**Weds 4th Dec @ 12:00**

To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone.  
Participation via the chat function is optional.



 **SCAN ME**

**[Places can be booked on the Bromley Y Eventbrite Page.](#)**