



Bedtimes/Sleep Virtual Group

What?

My Child Won't go to bed!

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? Have you found yourself out of your routine recently? Does your child demand your attention/cry/shout going to 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!! (for families in Hastings and Rother.)

Where?

From the comfort of your own home, download the free app Microsoft teams in your app store. (camera and mic can be turned off!)

When?

Friday 10th July at 10am -12pm

To book your free place text/email Lisa Gentry 07525387748
or email: lisa.gentry@eastsussex.gov.uk

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

