

TRIPLE P FOR EVERY PARENT



So everyone can get a good night's sleep!

A good bedtime routine for your children and family is important. Start the school year with good sleep routines so everyone is rested and ready for the day! Discover what may be getting in the way of less stressful bedtimes and some strategies to make bedtime easier.

Triple P's *Developing Good Bedtime Routines* workshop can help you:

- ♦ Set up a good bedtime routine that kids calmly follow.
- ♦ Put your kids to sleep in their own bed (and have them stay there until morning)!
- ♦ Encourage infants and younger children to go to sleep more easily.

Thursday, September 10
5:45-7:45pm
on Zoom

Register at www.triplep-parenting.com/knox or call 740-397-2840. FREE to parents and caregivers living or working in Knox County, OH! Ask about our childcare reimbursement. Register by September 8 to receive Zoom link for class.

This activity is not sponsored by the Mount Vernon City School District

Secure your free place now!

