

Sleep Tight Workshop



**Does your child suffer from sleep problems?
Do you want to access support to help to improve
bedtime?**

**Join us at our Sleep Tight Workshop
for sleep advice for children 2+ years.**

**Our training is delivered by practitioners trained by
The Sleep Charity**

**Our workshops include :
Understanding sleep cycles**

Common sleep issues and strategies to manage these

Establishing appropriate routines

Keeping sleep diaries and interpreting the data

Environments

**If you are interested in attending the workshop, please
contact your local Family Hub to register your interest.**

North

Askern Family Hub - 01302 737099

Adwick Family Hub - 01302 737717

Bentley Family Hub - 01302 737350

East

Armthorpe Family Hub - 01302 736760

Moorends Family Hub - 01302 737470

Stainforth Family Hub - 01302 734048

South

Denaby Family Hub - 01302 737436

Mexborough Family Hub - 01302 736869

Rossington Family Hub - 01302 737440

Central

Balby Family Hub - 01302 736880

Central Family Hub - 01302 737995

Wheatley Family Hub - 01302 737790



Find out more:

WWW.DONCASTER.GOV.UK/FAMILYHUBS



**City of
Doncaster
Council**