

SLEEP WORKSHOP

For Thanet parents and carers of children between reception year and year 13 who have sleep difficulties

6th February 2023

9:30-11:30am



Learn about the issues that can affect a child or young person's sleep, including common sleep issues associated with SEND

Discover tools, techniques and sleep hygiene practices to help your child

To find out more and book your place online, please visit
www.lgs.kent.sch.uk/workshops-training-for-parents-carers/

email: tiss@lgs.kent.sch.uk

tel: 01843 572733

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