

# THE RED HEN PROJECT

## Sleep Tight Workshop

*5 sessions*

**To be held on Tuesdays 9:30 to 11am**

At Kings Hedges Primary School, in the new community room  
Northfield Avenue, CB4 2HU

**Starts: 14<sup>th</sup> June 2016**

**Ends: 12 of July 2016**

This Workshop can provide parents/carers the opportunity to meet other families in similar situation & gain tips on how to support a better night's sleep for you and your child.



You will explore reasons why children may not sleep, what happens to our bodies when we are sleeping as well as practical strategies to take away and implement at home.

**Places must be booked. No crèche provided.**

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