



**Brilliant
Parents**
Transforming
Children's Lives

Triple P Discussion Group

Developing good bedtime routines



Triple P Discussion Group – Developing Good Bedtime Routines
Thursday 10th February 2022
10-12 noon
Delivered via zoom

IS THIS YOU?

Most of the time, parenting is fun. You know you are doing a good job, but sometimes it takes a lot of effort getting your child to bed at night and the whole family are exhausted.

Do you know that some children fall into a deep and long sleep the moment their head hits the pillow, while for others, bedtime is a nightly struggle?

Parents can help their children develop good sleep habits. A few small changes can make a big difference, so everyone in the family gets the sleep they need.

This Triple P (Positive Parenting Programme) workshop will look at some common bedtime problems and why they happen and will give you some practical suggestions to help you prevent problems, develop a good bedtime routine and manage any problems that happen at bedtime or during the night.

**For further information – please contact
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