



## **Sleep Tight Workshop**

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

Join us on our Sleep Tight parent workshops.  
This is a 5 weeks programme

**May 13<sup>th</sup>, 20<sup>th</sup>, June 4<sup>th</sup> and 10<sup>th</sup> and 17<sup>th</sup>  
From 9:30am to 11am in Limerick Children services, Blackberry Park.**

To book or for more information, please contact  
**Kim or Dee on 061-498733 by the 26<sup>th</sup> April.**

**Our training is delivered by practitioners trained by The  
Children's Sleep Charity- Suzanne Bradley  
Places are allocated on a first come first served basis**

### 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

**[www.thechildrensleepcharity.org.uk](http://www.thechildrensleepcharity.org.uk)**



Working to ensure that Children get a good night's sleep.....  
And so do their parents!