

Healthy Living QUICK-SKILL

Support your Child to Sleep Better

Sleep is essential for health and feeling good - but it can be difficult to get your child to see the consequences of not getting enough. On this course, you will have the chance to discuss different ideas, as well as decorate a sleep stone to help your child calm their breathing and make a simple board game to help them understand the importance of sleep. This course is suitable for parents/grandparents and carers of children in Nursery, Reception, KS1 and KS2.



Starts Wednesday 3rd Feb for 5 Weeks

6:00 – 7:30pm

This is an Online course – you will need to be able to access ZOOM on your phone, tablet, laptop or PC. Introductory session will be in place to help you get set up for the course.

For further details and to book your place please visit our website:

For further information on Family Learning and Community Learning and Skills please contact Sam MacLean on 07771555814 or 01228 227304 alternatively email enquiries to Samantha.MacLean@cumbria.gov.uk

www.cumbria.gov.uk/learningandskills

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