

Sleep Workshop

8:45-10:30am, Hazelhead Primary

February 7th, 21st & 28th

Week 1

Why we sleep

What happens to our bodies when we sleep

Why sleep is important for children

What makes a good night's sleep

What happens when we don't sleep well

A case study: What can we do to improve this families' bedtime routine?

Week 2

Circadian rhythm

Build a bedtime routine

Technology

Week 3

Digital content to support a good bedtime routine and restful sleep

Creative bedtime stories

Bookbug & top picks from your local library

Tips and activities to help manage challenging bedtimes

Crafts to complete as a family to promote restful sleep



To sign-up for the course or with any queries.

Please Email RaFraser@aberdeencity.gov.uk or message

07470 154 917