

And so to bed

Helping your child develop healthy sleep habits



Healthy sleep habits are essential for the well-being of both the child and the whole family. Sleep aids growth and development and we all feel better after a good night's sleep.

It is very easy to fall into unhealthy sleep patterns with young babies, especially in the first year or two, and these can be very hard to fix.

This session will explore ways to help a child develop healthy sleep habits and give parents the guidance on how to create and maintain this.

To book onto these sessions, please ring your local Children and Family Hub.

For more information on the content, please call your health visitor on: 0300 123 3444



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