

# Parent Sleep workshop

Supporting Your Child with sleep difficulties  
**with Compass Changing Lives Mental  
Health Support Team**



Understanding children's sleep difficulties

Strategies to support better sleep

**Location: Ripley Infants school**

**Date: Monday 13th October**

**Time: 9.15- 10.30am**



**Refreshments provided**



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[changinglives@compass-uk.org](mailto:changinglives@compass-uk.org)



[@compassclmhst](https://www.instagram.com/compassclmhst)

