**Advice for bedtime routines & improved sleep**

**Learn about the importance of sleep and how it influences your child’s health and well-being.**

**Plus the chance to ask questions and help improve your child’s sleep.**

**Led by Karen Thompson from the Healthy Child Team**

**Wednesday November 6th 2-3pm**

**Grove Road Community Primary School**

**01423 506060**

**![C:\Users\rcawte\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2O6D6QOJ\TMD_BigTopBirthdayBoy_StarBorder003[1].png]()admin@groveroad.n-yorks.sch.uk**