

The Triple P - Positive Parenting Programme

Discussion Group

Mundella Primary School and Woodseats Primary School are pleased to offer a discussion group on:

Developing good bedtime routines and how to help your child to get a good night's sleep

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems. This group will also look at sleep and how to get your children to get a good night's sleep.



Location: Woodseats Primary School

Date: 6 December 2018

Time: 9:00 refreshments

9:15 Start

12:30 Finish

To book a place please contact:

Lisa Hewitt

Call: 0114 2551348

Email: lhewitt@mundella.sheffield.sch.uk