**Advice for bedtime routines & improved sleep**

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

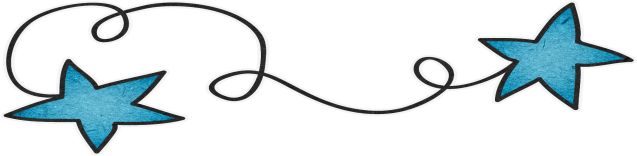
**Plus the chance to ask questions and help improve your child’s sleep.**

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

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

**Grove Road Community Primary School**

**01423 506060**

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