



## How To Support Your Child To Get A Good Night's Sleep

**This informal sleep support session for parents/carers will cover:**

**What is sleep?**

**The importance of sleep**

**Good bedtime routine**

**Local sleep services**

**Date: Friday 6 March 2020**

**Time: 9:30 to 11:00**

**Location: Burgh Business Centre, King Street, Rutherglen**

**If interested please contact the Specialist Support Team on  
0141 613 5296.**