



FAMILY HUBS
Rotherham

Quality sleep is essential for children's growth and development. A decent night's sleep will help them to do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively, and solve problems, plus it will make them less susceptible to colds and other minor ailments.

Sleep Tight Programme

Thursday 1st of May 2025

09.30am-11.30am

Ferham Family and Children's Centre, Ferham Road, Rotherham, S61

1AP

Duration: 4 Weeks

This course from The Children's Sleep Charity helps parents understand the impact of poor sleep. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children and give an understanding of what makes a good bedtime environment.

Duration: 4 weekly sessions in small groups lasting 2 hours each

BOOKINGS AND INFORMATION

If you would like to book a place on this course, please access the Rotherham Family Hubs Website and complete an online referral form.

<http://www.rotherham.gov.uk/homepage/402/activities-and-support-for-families>