

Small changes,
big differences.



Two hours is all you need for a Triple P Discussion Group

Positive parenting help for Developing Good Bedtime Routines-SLEEP

- Problems at bedtime?
- Won't sleep or settle?
- Call out or misbehave?

DATE	Wednesday 7 th December
TIME	5:45pm to 7:45pm
VENUE	Kate's Hill Childrens Centre-DY2 8LJ
PRESENTER	Lucy

BOOKINGS AND INFORMATION

Suitable for parents of children aged 18 months to 10 years old

Please call or text Lucy on: **07584 581275**

www.triplep-parenting.net