

Wednesday 23rd September 2026

### **With Me In Mind Sleep Workshop**

Dear Parents and Carers,

We are delighted to invite you to a Parenting Workshop on Sleep, hosted in partnership with **With Me In Mind**. This session is designed to support you in helping your child develop healthy sleep habits in a relaxed and supportive environment.

#### **Event Details**

- **Hosted by:** With Me In Mind
- **Topic:** Children's Sleep Strategies & Routines
- **Date:** 5th October
- **Time:** 9.00 am

During the session, we will explore practical strategies to improve sleep routines and address common challenges together.

If you would like to attend, please complete the form using the link below:

<https://forms.gle/a25Eiw6Ycwk3Yb9UA>

We look forward to seeing you there.

Kind Regards,

Mrs L Tolley

Thrive Practitioner