
Sleep in Kids:
Learning together about
Children ages 6-12

A Parent/Caregiver Workshop Children's Sleep & Routines

Is your child aged 6 to 12 years old?

Come and talk to us about your children's sleep problems and discuss sleep routines, problem sleepers, bed wetting, night fear, bad dreams, difficulty putting your child to bed at night, what to do when your child wakes up at night. Learn about effective strategies and how to work together with the school to support your child.



DATE: Thursday November 2, 2017

TIME: 6:00 pm to 8:00pm

LOCATION: Forest Manor Public School
Dinner and Child minding will be provided

**To RSVP or For More Information Please Contact
School Settlement Worker: Iris Iskander**

647-999-1679