



DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

WWW.SPACEHERTS.ORG.UK
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ALSO ON FACEBOOK

SLEEP TIGHT COURSE

FUNDED BY DSPL2 (STEVENAGE)

- Date:** Monday 11th Nov - Monday 9th Dec
(5 weekly course)
- Time:** 10am - 12pm
- Place:** Peartree Spring Primary School,
Hydean Way,
Stevenage, SG2 9GG
- Cost:** Free - open to any parent/carer living
in or whos child is educated in, **DSPL2 area only**

**SPACE will deliver the accredited Sleep Tight course
from The Children's Sleep Charity.**

The modules consist of: Introduction to Sleep, Causes of Sleep Issues, Identifying and Managing Sleep Problems, Bedtime Routines and Positive Bedtime

This programme has been developed over a number of years and is well established in many parts of the country. Parent/Carers will gain further understanding and knowledge of their young person/s sleep challenges and build a toolbox of strategies to help support family life.

*Working to ensure that children get a good nights sleep
... and so do their parents*

Please email spaceherts@gmail.com to request a place
Limited spaces available