

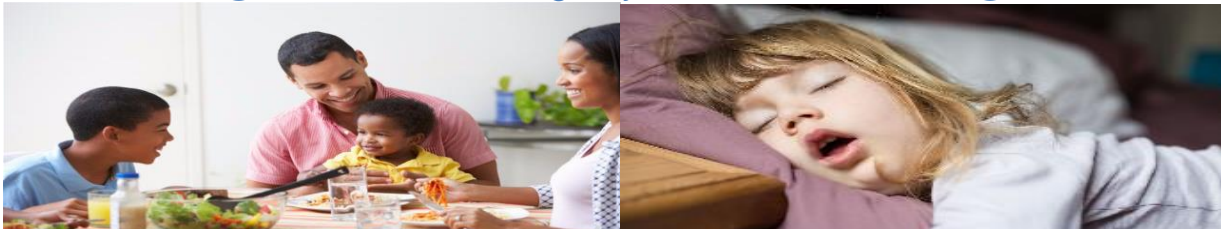


Sessions can be attended face to face or via TEAMS  
Please email to book:

[parenting@dudley.gov.uk](mailto:parenting@dudley.gov.uk)

Two hours is all you need for a Triple P discussion group/workshop for Developing good bedtime routines or Hassle-free mealtimes with children.

😊 Perfect for adding to your tool kit of ideas 😊



## **SLEEP and MEALTIME WORKSHOPS**

Would you like your child to sleep in their own bed? Not call out? Sleep longer?

Does your child have nightmares/terrors? Is your child a picky eater? Do they refuse to sit at a table or eat well? Is your child aged 1-11 years? **Then these could be for you!**

Day	Date	Time	Venue	Workshop type
Wednesday	10/4/24	9:45 to 11:45 am	Halesowen Family Hub-DY9 8HT	Sleep-Developing good bedtime routines
Tuesday	21/5/24	12:30 to 2:30 pm	Stourbridge family hub-DY8 1XF	Sleep-Developing good bedtime routines
Monday	10/6/24	12:30 to 2:30 pm	Brierley Hill Family Hub-DY5 3DY	Food- Hassle free mealtimes with children
Thursday	18/7/24	9:45 to 11:45 am	Coseley Family Hub-WV14 9DS	Sleep-Developing good bedtime routines
Wednesday	25/7/24	9:45 to 11:45 am	Dudley Central Family Hub-DY2 8LJ	Food- Hassle free mealtimes with children
Wednesday	25/9/24	9:45 to 11:45	Dudley Central Family Hub-DY2 8LJ	Sleep-Developing good bedtime routines