

Parenting drop in - Wednesday 5th March 2025

Time to Sleep Seminar - Wednesday 16th April 2025

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness.

This is an information session for all parents/carers of children 12 months and over.

Developing Good Bedtime Routines Discussion Group - Wednesday 23rd April 2025

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen.

EPEC- Being a Parent Programme - starting Wednesday 30th April 2025

This course aims to improve child development outcomes, parenting, family resilience and family relationships. The programme creates a trusting group ethos where parents are encouraged and supported.



For more information or to book, please contact Sheffield
Parenting



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