



Sleep Tight

Is your child over 12 months of age?

Do you need support with sleep routines?

If the answer is yes, then the Sleep Tight programme may be suitable for you.

Some of the things the programme may help with includes:

- Establish why your child may have a sleep difficulty.
- Develop an understanding of sleep cycles.
- What makes a good bedtime environment.
- Plan a good bedtime routine.

If you want to find out more you can:

- Get in touch by phone, email (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.

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E : FHAshfield@nottsc.gov.uk

W : www.nottinghamshire.gov.uk/care/familyhubs