



## **Triple P Discussion Group for Parents and Carers**

### **Topic: Developing good bedtime routines**

Getting a good night sleep can be a challenge for many families, whether it's getting children to fall asleep in their own bed or getting up and down during the night. This group will give you the opportunity to meet other parents to share some of your experiences and ideas with and learn some positive parenting suggestions to help you develop a good bedtime routine.

**Who is it for?** For parents and carers of 2 – 12 year olds

**When is it happening?** Tuesday 25<sup>th</sup> April, at St Peters School from 12:30pm – 14:30pm

**How can I take part?** To join, contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je).

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The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit [www.gov.je](http://www.gov.je) and search for *Children and Families Hub*

