

# Family Hubs and Children's Centres

## SEND Sleep Workshop

Do you have a child who is under 5?

Does your child struggle with settling to sleep or staying asleep?

**Join our supportive workshop designed to:**

- 💛 Develop your understanding of sleep.
- 🔧 Support you to create the best sleep routine and environment for your child.
- 🌍 Share ideas and experiences with other families.

Workshops are available both online and in person.

**To book your place, please call:**

South Ruislip Children's Centre - 01895 558860

Yeading Children's Centre – 01895 260360

Uxbridge Family Hub- 01895 250258



Five to thrive  
champions



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