

Bitesize parenting support @ libraries
edinburgh.gov.uk/bitesize-family-support



Free parenting sessions in our libraries

Supporting your Child's Sleep (Delivered by CEC Educational Psychology)

Friday 27th March – Drumbrae Library
10.00am -11.00am

**For parents and carers with children of all
ages.**

A supportive and interactive session to help you to understand the importance of sleep for children, to explore what can get in the way and share hints and tips so everyone can get a good night's sleep. No need to book just come along.

To find out more

We're adding more courses all the time, check what other courses we're running at www.edinburgh.gov.uk/bitesize-family-support