

Don't Let the Bed Bugs Bite: What Adults Need to Know About Children's Sleep

When: Wednesday 5th February 2025 at 1pm

Duration: Approximately 60 minutes



Are you tired of hearing conflicting advice about your child's sleep? You might also be tired because your children and sleep don't mix well and you are not sure what to do. Whatever the reason, join us for our next webinar designed to clear up the confusions around children and sleep. We'll tackle the most common myths surrounding children's sleep habits and provide evidence-based insights to help your little ones get the rest they need. Specifically, we will look at:

- How sleep works
- Children's sleep needs
- Independent settling, night-time waking and early rising
- Lifestyle factors and "big feelings" that can cause bed/night-time issues
- The impact of the most common SEND on sleep

Led by Marijana Filipovic-Carter, Move-More's Head of Family support, this webinar will provide insights and actionable tips for parents and caregivers.

How do you sign up for the online session?

To register for this online session, please follow this link

<https://www.move-more.org/events/bedtime/>

It will take you to our website where you will be asked to answer a few simple questions. We would encourage you to register even though you might not be able to attend the session live, as all registered participants will receive a recording of the session to watch in their own time.

I've signed up: what happens next?

Once you complete our short registration form, you will be registered for the online session. You will automatically receive an invitation for the zoom session. If you don't hear from us by the 4th of February, don't hesitate to contact Marijana on marijana@move-more.org. Please make sure you check your junk/spam folders.

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