

Conwy Family Life Webinars

ParentTalk # 2

Guest speaker: Deborah Roberts, Sleep Practitioner



Theme:

Getting back into a sleep routine ready for school

This session includes:

- understanding the science of sleep
- practical tips
- your questions & answers

Date:

Friday 21 August 2020, 11:00 - 12:00 am (English)

(A pre-recorded version with Welsh subtitles will be available on our website)



How to sign up:

Email familycentres@conwy.gov.uk

We will send you the Zoom link and instruction on how to join.

(Webinar is different to a video conference - other people taking part won't be able to see your face or your questions)

Can't join the live session? No worries - contact us for a copy of the recording.