

Dear parent,

Is getting your child to sleep a problem for you? Do they wake up multiple times every night? Do they wake up really early? I may be able to help!

I am putting on a one day sleep course and have a choice of dates for you. One will be early in the summer holidays and the other will be in September. If you would like to attend one, please let me know which one. Places are limited and it will be a first come, first served basis, I will contact you to tell you if you have been allocated a place.

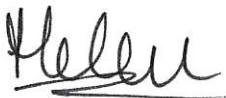
Please note that this is for parents only so the first course in the school holiday will require childcare arrangements to be made. (Malvern Special Families is running on that day so that may free some of you).

If the one day version proves more popular than the 5 week version, I will be offering more in the future.

Course 1: Monday 30th July, 9:30am - 2:30pm

Course 2: Monday 17th September 9:30am - 2:30pm

These will both be held at Fort Royal School.



Helen Rutherford

Family Liaison and Sleep Practitioner

Please return to Helen Rutherford, Family Liaison

If you don't mind which date, please tick both.

I would like to book a place on Sleep Course 1: Monday 30th July

I would like to book a place on Sleep Course 2: Monday 17th September

Name:.....

Child's name and class:.....

Contact number:.....

