



Tools for Parents®

Richmond Community Services Inc. is pleased to be able to offer a **FREE** group with **FREE** childcare For parents/primary carers of children 0-12years

Kids Sleeping Well Tactics for Parents

This workshop gives parents specific strategies to manage common sleep problems in children.

Topics for discussion will include:

- Developing bedtime routines
- Managing bedtime refusal
- Settling strategies
- Fears and Nightmares
- When and how to seek professional help

Wednesday 10th April 2024

10am—12.30pm

BOOKING ESSENTIAL! 02 4588 3502

Email: admin@rcsi.ngo.org.au

**At: Richmond Neighbourhood Centre
20 West Market Street, Richmond, NSW 2753**

....making a difference...



The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project — to provide free workshops and ongoing courses designed to help parents/primary carers of children 0—12 years develop better relationships between themselves and with their children —and to enhance parenting skills. Richmond Community Services Inc . purchases group and workshop facilitation from Windsor Professional Centre and childcare services from Hawkesbury Community Outreach Mobile Minders Service for the project and is delighted to offer them free to participants.

