



**Brilliant
Parents**
Transforming
Children's Lives

Triple P Discussion Group

Developing Good Bedtime Routines



Triple P Discussion Group – Developing Good Bedtime Routines
Monday 20th January 2025
6pm-8pm
Delivered via zoom

IS THIS YOU?

Most of the time, parenting is fun. You know you are doing a good job, but sometimes it takes a lot of effort getting your child to bed at night and the whole family are exhausted.

Do you know that some children fall into a deep and long sleep the moment their head hits the pillow, while for others, bedtime is a nightly struggle?

Parents can help their children develop good sleep habits. A few small changes can make a big difference, so everyone in the family gets the sleep they need.

This Triple P (Positive Parenting Programme) workshop will look at some common bedtime problems and why they happen and will give you some practical suggestions to help you prevent problems, develop a good bedtime routine and manage any problems that happen at bedtime or during the night.

To register, kindly complete and submit both the registration form and parenting experience survey at these links:

<https://www.brilliantparents.org/brilliant-parents-self-referral/>

<https://www.brilliantparents.org/triple-p-parenting-experience-survey/>

