

# Sleep Session



Does your child find it difficult to sleep?  
Is sleep an issue for your family?



We are delighted to welcome Sarah Walker from Sleep Action to discuss all things sleep, and how to support a healthy sleep routine.



When?: Wednesday  
26th of March 5-6pm

If you would like to join us for this information session, please use the link below or scan the QR code to sign up.

Where?: Online



<https://forms.office.com/e/Pp8EuM7WU8>



West Lothian  
Council

