

**DHI Education and Arts**  
*Soaring together*

# Triple P Discussion Group

**Developing Good Bedtime Routines**



**Triple P Discussion Group – Developing Good Bedtime Routines**  
**Wednesday 7<sup>th</sup> February 2024**  
**5.30-7.30pm**  
**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.

