

# Workshop at Welbeck

## The science of **SLEEP**

Come and join us!

Thursday 7th November

8:45 - 9:30 am

(In The Space - the outdoor classroom between Early Years and Main School)



**Wendy Beasley** is a sleep consultant from the Early Years Team in Nottingham City and is coming to Welbeck to do a workshop all about sleep.

She will talk through the science behind sleep, why it is so important and how you can establish good routines that help your child to have the best sleep.

