

# Fit 4 Life Bite Size Sessions



Join us for our online parent/carer workshops:

## SLEEP & SCREENS

**Did your children sleep well last night?** In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

### 45 Minute - Online Workshop

Sleep & Screens

Tuesday 20<sup>th</sup> February

6:00pm – 7:00pm

(Session is 45 minutes plus 15 minutes for Q&A)

To book your place please click the link -> [Eventbrite](#)

Or email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

These workshops are for parents and carers.

For more information call the team on:

**0300 029 0029**

or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)



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