

Bedtime routines

For families with children aged 2 to 8 years

In this two hour **evening** workshop held at Goodstart Early Learning, Rockingham, you will have the opportunity to talk about experiences and common problems that may occur.



Learn ideas and gain support around the following topics:

- What are common bedtime problems?
- Why do bedtime problems happen?
- Keeping track
- How to prevent and manage problems at bedtime and during the night.

This workshop will be facilitated by the international award winner (for Triple P), Tonia Fahey from the Department of Education.

Crèche available

Limited places, bookings essential by Tuesday, 6 June

(Please let us know should you no longer need a place in the crèche, thank you!)

Date: Wednesday, 13 June 2018
Time: 6:00 to 8:00 pm
Venue: Goodstart Early Learning, Rockingham
(41-43 Council Avenue, Rockingham)

PLEASE REGISTER VIA:

Skoolbag App:



- Click the "App Store" icon on your device
- Search for "Child and Parent Centre East Waikiki"
- Click "install" or "Get and install"

Email: Eastwaikiki@ngala.com.au

Telephone: 9367 0967

Or, in person at the Centre

Supporting families living in the communities of Cooloongup and Rockingham