## Kite Academy Trust Kite Family Hub Bedtime Routines Workshop

A virtual workshop for parents and carers offering practical advice and strategies to support in establishing positive bedtime routines.

The Kite Family Hub are offering a virtual workshop on Bedtime Routines which is open to all Kite Academy Trust families. The platform being used for the workshop is Microsoft Teams. Please note, you do not need to have a Microsoft account to be able to join the workshop.

During these sessions, we will look at establishing consistent, predictable routines and have an opportunity to talk through any individual concerns you may have.

Please click on the Eventbrite link below to book for this event.

(Once we have received your booking, 5 days prior to the event you will receive an email which includes the link to join the meeting.)

## The virtual workshop will take place on:

Date: Thursday 11th June

**Time:** 6.45pm to 7.45pm

(please join 10 minutes prior to start of session to allow time to address technical issues)

**Location:** Microsoft Teams

https://www.eventbrite.co.uk/e/kite-fsw-bedtime-routines-virtual-workshop-tickets-107213031062

