



Humber Teaching
NHS Foundation Trust

Routines & Rhythms Parent/Carer Workshop

11th June 9.30- 11.30 am
Online via Microsoft Teams

This workshop covers:

The importance of routines, boundaries and sleep to support children's social, emotional and mental health.

Aims and objectives:

Build a greater understanding of why boundaries, routines and sleep support children's emotional and behavioural development and how to effectively use boundary setting and routines to support children's development.

Book your slot via this EventBrite QR Code:



East Riding: hnf-tr.eymhst@nhs.net



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