

Parent Workshop: Routines and Rhythms

Hilderthorpe Primary School

Monday 24th March 2025 1.15-3.00pm

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.



Speak to your school reception
to book your place.

