



Relax Kids bedtime sessions are gentle, creative sessions designed to help children unwind, regulate their emotions, and develop simple tools for relaxation, confidence, and better sleep. Sessions follow the Relax Kids 7-step programme, including movement, breathing, mindfulness, and guided relaxation.



### ✨ **FREE Parent & Child Taster**

📍 Old School, Cuckfield

📅 Sunday 18th January

This free taster allows parents to experience Relax Kids alongside their child before deciding whether to book a full block of sessions.



### 🌙 **Bedtime Sessions - Ages 6-8**

📍 Old School, Cuckfield

📅 Starting Sunday, 8th February

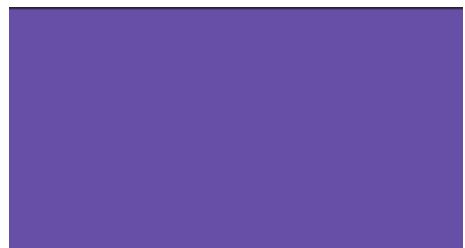
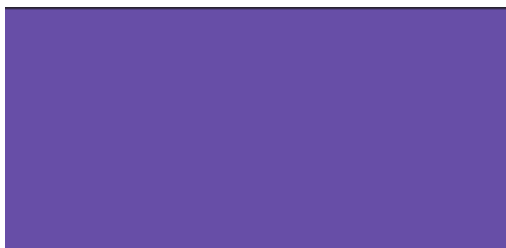
🕒 5:30-6:30 pm

💷 Just £60 for 6 sessions

Sessions are small and nurturing, with a maximum group size to ensure children feel safe, supported, and heard.

### 📱 **Booking & Further Information**

Scan the QR code or visit 🖱️ <https://bookwhen.com/relaxkidsmtn>



Your views are important to me. If the sessions above aren't convenient for you, perhaps you would like something nearer to home. If so, please complete this **expression of interest** form <https://tinyurl.com/RKEOI26>