



SleepTalk™ helps with ...

Behaviour Bedtime
Anxiety Life changes
Bed-wetting Fussy eating

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Back to school

anxious times for parents & children after the freedom of summer...

Are you feeling the strain, is your little one struggling to sleep at night? Is your child unusually clingy and tearful? Perhaps your son is nervous about starting school or is your daughter under achieving, lacking confidence in her ability. **SleepTalk™** helps you to help your family.

Miss Pickford, mum to 5 year old A was relieved when A began to sleep through the night, in her own 'big girl's bed'.

"Initially I didn't think SleepTalk™ would have the potential to work on A; however after trying the technique that Jenny demonstrated I found my 5 year old to be calmer, more settled, with her bedtime routine. The SleepTalk™ process was very easy to follow. Jenny made us feel at ease with the simple technique helping us with every step of the way. SleepTalk™ has been a worthwhile contribution to my daughter's now, healthy sleeping routine"

SleepTalk™ group workshops: now available at Alexandra Worsley, Bramhall call 0161 439 9856 book now for Wed September 21st. Alternatively a one to one private consultation with ongoing coaching can be arranged telephone 07515 261222 or email jenny@uniquelyyouholistics.co.uk for details of further venues and events in Cheshire, coming soon this autumn.

You are your child's best teacher.

Hi I'm Laura...

and along with my class teachers Karen and Jenny we run Jo Jingles Music and Movement classes in the North East Cheshire area.

Jo Jingles provides fun and educational Music, Singing and Movement classes for young children aged 3 months - 5 years. With the help of our Jo Jingles doll, trained and experienced presenters run the UK's most popular music and movement experience. Jo Jingles classes are carefully structured and each week we introduce educational themes i.e. colours, shapes, numbers, animals using well-known nursery rhymes and action songs. Children have "hands-on" experience with at least two percussion instruments e.g. drums, tambourine, bells and they get to join in with "Jo" who is always ready with the actions. He also knows over 1000 songs, some familiar and others that are unique to Jo Jingles.

Our experienced presenters run classes in a friendly and informal manner so you can be safe in the knowledge that your child, and maybe you too will learn about music in a stimulating and secure environment.

If you would like any further information about our classes, parties or about having Jo Jingles in your Nursery or Children's Centre then please visit my website which is www.jojingles.com/northeastcheshire you can also follow us on facebook at www.facebook.com/jojinglesnortheastcheshire.

Alternatively you can call Laura on 0161 431 0674.

At Jo Jingles all babies aged 3-6 months old come to classes for free, this offer is at selected classes and booking is essential.

Jo Jingles is Here!

Fun Music, Singing & Movement Classes for children aged 3 months to 5 years



Develop your child's

- Social Skills
- Language
- Confidence
- Listening Skills
- Co-ordination
- Imagination

Children's Parties & Nursery Sessions also available!

NO JOINING FEE!

**For details on classes in:
Bramhall, Glossop, Wilmslow,
Hazel Grove, Marple, Mossley,
Cheadle & Stalybridge**

**Call Laura on 0161 431 0674
laurajingles@hotmail.com**

www.jojingles.com/northeastcheshire