Education Wellbeing Service Webinar

NHS South West London and St George's Mental Health NHS Trust

Education Wellbeing Service

Understanding and Supporting Your Child's Sleep

Sleep is incredibly important for us all and in some ways, even more so for children. This workshop is for parents and carers of primary school-aged children and will introduce some of the science and research on childhood sleep. It will also explore practical ways that you can support your child's sleep, including sleep hygiene, implementing routines, step-by-step approaches and some useful resources.

DATE / TIME

Tuesday 16th January 1-2 pm

Wednesday 17th January 7-8 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

Click here to book

wellbeinginschoolsevents@swlstg.nhs.uk