



Education Wellbeing Service Webinar

UNDERSTANDING AND SUPPORTING YOUR CHILD'S SLEEP

Sleep is incredibly important for us all, and in particular for developing children. Good sleep improves children's ability to learn, remember information, regulate their emotions and behave better. This workshop will cover some of the science, research and facts about childhood sleep for parents. It will then move on to talking about practical ways that you can support your child's sleep - including routines, step-by-step approaches to supporting sleep, and guidance and resources.

Copy the links or scan the barcodes below to register & join us virtually (MS Teams) at one of our three webinars.

Monday 16th January 2023

7.30-8.30pm

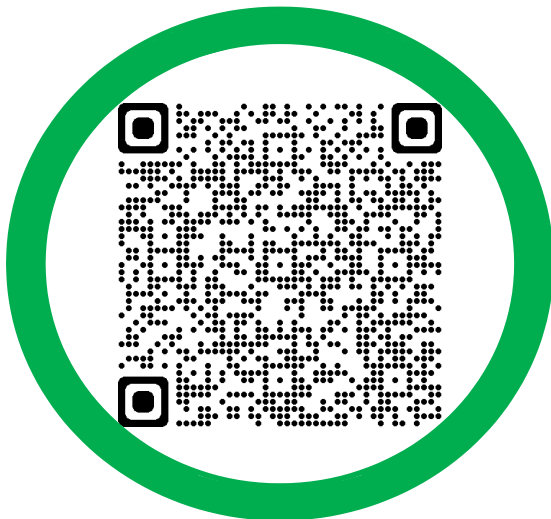
<https://www.eventbrite.com/e/understanding-and-supporting-your-childs-sleep-tickets-412916744097>



Tuesday 17th January 2023

7.30-8.30pm

<https://www.eventbrite.com/e/understanding-and-supporting-your-childs-sleep-tickets-377796378137>



Monday 23rd January 2023

1-2pm

<https://www.eventbrite.com/e/understanding-and-supporting-your-childs-sleep-tickets-412924206417>



Please email wellbeinginschoolevents@swlstg.nhs.uk with any queries.