

Education
Wellbeing
Service

Education Wellbeing Service Webinar

Understanding and Supporting Your Child's Sleep



The topic of sleep comes up a lot during our discussions with parents and carers and it's something that can impact the whole family.

During this webinar we'll look at why sleep is so important for our children, how to create the right environment and routine to aid high quality sleep, the importance of independent settling, and some common sleep challenges for families.

DATE / TIME

Tuesday 9th December
1.00-2.00pm



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LOCATION

Online - Hosted on Teams

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wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Tuesday 9th December
7.00-8.00pm



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