

Sleep Awareness Workshop

Your School Nursing Team are here to help and support all children, young people and their families with sleep problems. If a child does not sleep well, this can affect the health of the parents and how they manage with daily life.

Sleep problems can be treated using behavioural and cognitive techniques. This can reduce stress levels for parents and carers and leads to improved health and quality of care for the whole family.

The aim of the sleep workshop is provide parents/carers with strategies to help with sleep routines that will improve a child/young person's daytime performance and their wellbeing. The workshop can also raise awareness of the problems caused by sleep difficulties in children and young people with additional support needs.

This workshop explores:

- What is sleep
- What happens when you sleep
- How much sleep children should be getting
- Body clock
- Good bedroom environment and bedtime routines
- Examples of bedtime routines and crucial elements of a good sleep routine
- Further support available

This workshop is delivered virtually via Microsoft Teams.

To book on a session, you can call our Single Point of Access on 01922 423349.

We want to keep these sessions safe and open only to parents/carers of children attending a Walsall school. When you call, we will ask you a few details so that we can verify your child's details. Once you have booked a workshop, we will then send you an email invite to join that session nearer the time. Your email will be hidden from other parents.

Do you need advice and support about other health issues?

We have resources to help you:

- Health for Teen Website for teenagers: www.healthforteens.co.uk
- Health for Kids Website for children: www.healthforkids.co.uk
- School Nursing Service Webpages: www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
 - Teen ChatHealth - **07480 635363**
 - Parent ChatHealth - **07520 634909**



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