

Supporting Children to sleep better

Many colleagues in schools comment on the issues that present in school when children and young people experience difficulties sleeping well. Healthy Schools working with Sleep east is pleased to offer a sleep workshop for Senior Leaders, Governors, Teachers, Sencos, Pastoral Leads, Teaching Assistants and Parent Support Advisers. Colleagues from the wider children's workforce who are interested in sleep issues for children are also welcome to attend.

By attending the session participants will:

- Develop a greater understanding of the importance of sleep and of the potential problems when children and young people have disrupted/poor sleep patterns as well as the impact this can have on learning and behaviour
- Understand practical strategies for enabling children to develop healthy sleep patterns
- Develop confidence in supporting parents and carers with sleep issues
- Have an opportunity to ask questions and reflect on their experiences linked to children and sleep
- Have an awareness of further support that can be accessed by parents/carers and schools to address sleep issues.

There is no charge for this session

14:00 – 16:30

TUESDAY 2nd FEBRUARY 2016

Professional Development Centre, Norwich

Places are limited and will need to be booked in advance. To book a place please click here [Eventbrite](#)

For further information, please contact, Adele Godsmark at adele.godsmark@nhs.net or 01603 221812