

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

Helping your child Sleep

Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)

Online on Teams
3rd June
2.00 - 3.00 pm

We are talking about:

Why we need sleep

Bedtime routines

Common difficulties:
including worry
and screen time

[Join](#) on Teams

Meeting ID:

347 630 208 489 9

Passcode: DT7zc7mQ

