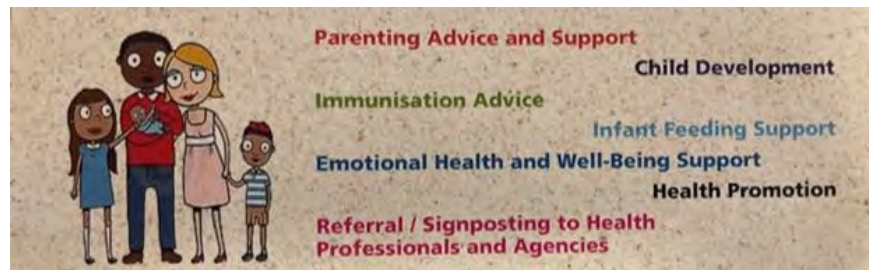


Sleep Awareness Workshop



The Health Visiting Service offer free sleep awareness workshops to help and support children and their families with sleep problems. Everyone suffers if a child does not sleep well. This can affect the health of the parents and how they cope with the demands of the family.

Sleep problems can be effectively treated using specially adapted behavioural and cognitive techniques. This can reduce stress levels for the parents and leads to improved health and quality of care for the whole family. The aim of the Sleep workshop is to provide parents/carers with strategies to assist with sleep routines that will consequently improve a child's daytime performance to enhance their wellbeing.

We offer these sessions virtually. These sessions will be offered via Microsoft Teams which is a safe application used by the NHS

The workshop will cover:

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

To book on a session you can call our single point of access on **01922 603074**. We want to keep these sessions safe and open only to parents/carers of children with a Walsall GP. When you call, we will ask you a few details so that we can verify you and your child's details. Once you have booked a session, we will then send you an email invite to join that session nearer the time of the session. Your email will be hidden from other parents on the session.