

The Importance of Sleep

Workshop for parents/carers' of primary school aged children to tackle sleep troubles



Sleep difficulties are very common

“ They cannot relax”

“ They say they are not tired”

“They wake in the night”

“They seem to worry excessively at bedtime and I don't know how to help them”

Up to 25% of school aged children have difficulties with sleep

The Essex Child and Family Wellbeing service are offering a free virtual workshop for parents/carers of 5-11 year olds.

The workshop will cover

- * Why sleep is important & how much do we need
 - * What is good sleep
- * Understand possible causes of settling to sleep & night waking issues
 - * strategies to overcome sleep difficulties

**Workshops take place every first Friday of the month
10am-12md**



To book your free space on one of the early support workshops

Call us on

South Essex

0300 247 0013

Mid Essex

0300 247 0014

North East Essex

0300 247 0015

West Essex

0300 247 0122

Services commissioned by: