

Helping children with sleep

The ‘*Helping Children with sleep*’ webinar introduces a number of key concepts and strategies to support you in creating a healthy bedtime routine for your child. This webinar focuses on the importance of sleep due to its impact on child development and wellbeing, and explores key components in enhancing sleep quality.

What will the ‘Helping Children with sleep’ webinar cover?

- The importance of sleep for children's development
- Scientifically proven tips to develop a positive sleep routine.



When will the webinar take place?

The webinar will take place on 4 different dates and times.

Date	Time	Duration	Sign up link
27 February 2024	6pm	75 minutes	MHST workshop: Helping children with sleep 27/2/24
28 February 2024	9am	75 minutes	MHST workshop: Helping children with sleep 28/2/24
26 June 2024	6pm	75 minutes	MHST workshop: Helping children with sleep 26/6/24
28 June 2024	9am	75 minutes	MHST workshop: Helping children with sleep 28/6/24

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

****Please have a pen and paper handy for the webinar.***

How to sign up

Parents and carers can sign up to the webinars by clicking on the sign up links in the table above. This will take you to a Google Form where you will need to provide your email address, the school your child attends, and the year group your child is in.

Who to contact

If you have any questions, please contact your school who will direct your query to the allocated MHST practitioner.