



Sleep Support Session

For Parents and Carers

Are you interested in coming along to our 2 hour session that includes information on how and why we sleep, as well as information on good bedtime?

Where – Kirkhill Primary School

Date – 24th March 2020

Time – 9.15 - 11.15am

Contact – School Office on 0141 570 7200 or
schoolmail@kirkhill.e-renfrew.sch.uk

Topics include;

- What does sleep look like?
- The body clock and disruptions to the body clock
- Sleep and wellbeing
- What might be stopping your child from sleeping
- Good bedtime practice
- And more