

Sleep in children and adolescents

- What is sleep?
- Why is sleep important to us and our children?
 - What can we do to improve our sleep?



Speaker: Kristina Azubalyte, Educational Psychology Assistant

Why is sleep important for our daily life, work and learning? What is the difference between young children's, adolescents' and adults' sleep pattern? How can you help your children to get more and better sleep?

This workshop will cover the effects of sleep on physical and emotional wellbeing in children and young people. We will discuss why it is important to get enough of good quality sleep and what we can do to improve our and our children's rest.

Parent Workshop

Monday 5th June Madras Community Room 2pm

Open to all parents in school and Family Centre

Please phone 0141-570 7240 to confirm your attendance.