

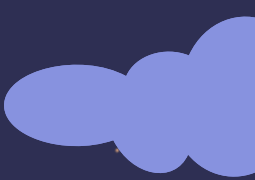




# Understanding and managing sleep in primary school aged children

## ONLINE WORKSHOP

*For parents and carers of children aged 4-11 years!*

The workshop aims to explain:

- why sleep is important
  - how much sleep children need
  - sleep hygiene, bedtime routines, common problems and helpful strategies.
- 
- 
- 

Delivered by Islington's Children's Wellbeing Practitioners