



Sleep Awareness



Parent workshop

Sleep is extremely important to support children's development both physically and mentally.

The session for parents and carers will develop awareness of the importance of sleep and offer advice around what to do to prevent sleep issues occurring. Come along and find out more about:

- * **What happens when we sleep?**
- * **How much sleep is needed?**
 - * **Good sleep routines**
 - * **Common sleep problems**
 - * **The bedtime environment**

When: Wednesday 22nd Jan 6.30pm

Where: Lough View IPS

Please inform school if you wish to attend