South West London and St George's Mental Health NHS Trust

Education Wellbeing Service



Understanding and Supporting your Child's Sleep Online Parent/Carer Group

The topic of sleep is a very common difficulty for many parents/carers and it can impact the whole family. This group will be for parents and carers of children ages 3–8 focusing on the following topics:

- **The Science of Sleep.**
- **Common Sleep Difficulties.**
- **Creating the right environment and routines.**
- **Supporting your child with sleeping independently.**
- **Practical tools and skills to support your child.**



Join our 4-session online group to connect with other parents/carers and learn new ways to support your child's sleep.

Dates and Times:

Groups will be delivered online on the following Fridays Nov 13, Nov 20, Dec 7 between 12:30-1:30PM. with a follow up session on Jan 8th. Please click here to sign up.

Further groups will be offered throughout the year.

If you are interested but cannot attend these dates/times please sign up and we will be in touch.



In many schools, we also provide free 1:1 early support for parents/carers of primary aged children to support their child's common worries and anxieties or support children's tricky or challenging behaviours. Please speak to your school to find out more.

Please scan the QR Code or click here to sign up.