

# Sleepy Heads:

Virtual workshops for parents/carers from Oswestry around sleep & sleep hygiene.



**Shropshire Beam are holding a 2-session workshop for parents/carers from AREA around sleep and sleep hygiene.**

*We are offering daytime and evening sessions for each – information below.*

<b>Session 1: An overview of sleep &amp; sleep hygiene.</b>		<b>Session 2: Promoting healthy sleep habits &amp; tackling common issues:</b>	
<ul style="list-style-type: none"> <li>• The importance of sleep.</li> <li>• Our body clock &amp; how sleep can be impacted by this.</li> <li>• Sleep stages &amp; recommended amounts.</li> <li>• Sleep hygiene.</li> <li>• Bedtime routines to boost the success of sleep.</li> <li>• Sleepy foods.</li> </ul>		<ul style="list-style-type: none"> <li>• Crying at bedtime.</li> <li>• Prolonged night awakenings.</li> <li>• Bedtime refusal/resistance.</li> <li>• Nightmares.</li> <li>• ASD/ADHD.</li> <li>• Teenage sleep.</li> </ul>	
<b>Session 1 (daytime)</b>	<p>Tuesday 9<sup>th</sup> February 2021 12-1.30pm</p> <p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>	<b>Session 2 (daytime)</b>	<p>Tuesday 23<sup>rd</sup> February 2021 12-1.30pm</p> <p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
<b>Session 1 (evening)</b>	<p>Tuesday 9<sup>th</sup> February 2021 5.30-7pm</p> <p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>	<b>Session 2 (evening)</b>	<p>Tuesday 23<sup>rd</sup> February 2021 5.30-7pm</p> <p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>

*While the sessions are standalone, they will complement each other so it is recommended that you attend both where possible. If you can't attend both, please do get in touch with us – we may be able to advise you about an alternative session taking place.*

**This is a session for parents/carers. We kindly request that professionals who wish to attend a similar session contact us to register their interest.**

**If you would like the session links to be sent to you by email, please contact us at**

**[shropshirebeam@childrenssociety.org.uk](mailto:shropshirebeam@childrenssociety.org.uk)**

