

## Session 1

### Monday 21<sup>st</sup> November: Sleep

In order to support all areas of our children's health and wellbeing, we will be hosting a number of mental health related workshops for parents and carers in the coming weeks.

These sessions will be delivered by some of the professionals who work within the school and Camden, including CAMHS and the school nursing service.

**Sessions will run on the dates below from 9.15 - 10.00am.** Please come along for a chat, a cup of tea and to hear more about helpful strategies to support good mental health.



#### **SESSION 1 Monday 22<sup>nd</sup> November: Sleep**

- Why do we need to sleep?
- Importance of sleep in childhood
  - Outcomes of poor sleep
- Sleep routines - positive reinforcement

#### **Upcoming Sessions**

**Session 2** - 28th November: *Resilience*

**Session 3** - 5th December: *Setting boundaries*

**Session 4** - 12th December: *Anxiety*