



Understanding Sleep:

What is it and how can you support your child?

Sleep plays a central role in our learning, emotional regulation, behaviour, and how we interact with others – all of which might help to explain the vital role that sleep plays in our ability to interact and cope with the world around us.

- Me & My Mind provides a 1-hour workshop on understanding sleep and what may cause sleeping difficulties.
- The workshop includes strategies to help Parents and Carers to promote good sleep habits at home.
- Including resources and activities ideas that you can do at home with your family.

When?

Monday 23rd May 2022
9am to 10am

Where?

Denton Primary School

Please contact the school to book a space

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

Email: mhst.info@eastsussex.gov.uk
Call: 01273 335585



or scan the QR code for a short film about our team.



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team