

Example 1 hour workshop for parents and carers
How to help your child sleep well

Activity

9.00 Introduction

Aim and outcomes for session

Aim-to help your child sleep well

Outcomes

- Know why sleep is important for children
- How to help your child get a good night's sleep
- Strategies for dealing with sleep issues

In pairs what do you want from the session?

In pairs How do you feel when you have a good night's sleep? How do you feel when you have a bad night's sleep? What about your children?

What is sleep?

Sleep is a physical and mental resting state in which a person becomes relatively inactive and unaware of the environment

9.10 Importance of sleep

Quiz

1. How much sleep do children need each night?
2. Why is a good night's sleep important to children
3. Why is it more important to get sleep during puberty?
4. What are 3 top barriers to getting a good night's sleep?
5. What are 3 most important things that help someone get a good night's sleep

Go through answers

9.30 Sleep dilemmas

- Not being able to get children to bed at a healthy hour
- Children being distracted by TV/laptop/phone
- Children not being able to get to sleep
- Children waking up very early
- Children getting disturbed night's sleep

Discuss dilemmas in pairs and then share strategies

9.50 Summary of strategies for getting a good night's sleep-reminder of the most important things