

WELLBEING AND EMOTIONAL SUPPORT TEAMS

We are talking about:

- Things that make sleep difficult
- Tips to help your child sleep better
- Relaxation techniques
- Further support around improving your child's sleep

Parent/Carer Workshop

Sleep

Where:

Orchard Primary School

When:

2.30pm on 27 April 2026

For more information speak to:

Mrs Tracy Swoosh

**Find out what
WEST has to offer:**

www.camhs.hacw.nhs.uk/west

**Please email us or let school
know if you have any
accessibility needs**

