Coffee morning Wednesday 2nd October
All parents/carers welcome



Welcome to our School Nurse drop-in session where you can discuss any worries you may have about your child's :



- **Sleep hygiene**
- **Diet and exercise**
- **Mental Health**
- **Any toileting difficulties**

Enjoy a cuppa and biscuits!



Everyone can achieve. Everyone can learn. Everyone belongs.



NHS

Great Ormond Street Hospital for Children

NHS Foundation Trust

- Sleep hygiene in children and young people | Great Ormond Street Hospital (gosh.nhs.uk)

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Getting a good night's sleep (Easy Read)

	Sleep is very important. It lets your body and mind rest after a busy day.
	Everyone has trouble sleeping sometimes. There are things you can do to help you sleep better.
	Think about what you eat and drink in the afternoons and evenings. Cola drinks have something in them to keep you awake.
	Try not to eat too much before bedtime. Have a least an hour after dinner to let your food go down.
	Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.
	Try not to have where you sleep too hot or too cold.
	Put a nightlight on if you like to have some light or dark curtains if you don't.



Watch this short video explaining the service

- School Nursing Service – Children and Young People's Services (sirona-cic.org.uk)

Here are some really useful links to websites which may support you

Healthier Families - Home - NHS (www.nhs.uk)

Home - ERIC

BeeZee Live | Online weight management support (beezeebodies.com)