

TEEN SLEEP, SELF CARE, & SUMMER PLANS

A parent webinar to help understand & support
your Young Person



There can be many challenges with teen sleep - difficulties with regular routine, intrusion of social media and technology, poor sleep hygiene, sleep disruption and reversed sleep cycles. These cycles can also become worse over summer and holiday periods for some.

This session looks at some of the research and science around sleep hygiene, teenage sleep. thinking together about the challenges - and some options for supporting from the perspective of parents.

The second part shares up-to-date resources for supporting self-care over the summer period to support positive mental health and wellbeing over the upcoming summer break.

DATES & TIMES

Thursday 4th May 7.30-8.30 pm

Tuesday 9th May 12.30-1.30 pm

Thursday 11th May 7.30-8.30 pm

To book on to one of our three
available webinars, sign up for free on
Eventbrite using the link or QR Code
below:

<https://www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

