



Improving Your Child's Sleep

Join your School Nursing service for a practical talk on how you can improve your child's sleep.

What you will take away:

- ✓ Why sleep is important for your child.
- ✓ A better understanding of the causes of sleep issues.
- ✓ Tips for settling your child at night.
- ✓ How to support healthy sleep habits and routines.

Members of the School Nursing team will be on hand following our talk if you have any further questions.

When: Monday the 8th of June 2026

Time: 1:45pm

Where: Oak Green School, Aylesbury

