

Hawkinge Primary School

Parent Workshops

Come along to one of our Parent Workshops for an opportunity to share your experiences with other parents, to access resources & advice to help your family towards improved wellbeing. Complete the reply slip below to book your place on either or both of the workshops we are running this term.

"Anxiety – Helping Children To Cope" Workshop

Friday 26th January 2018

9.00 – 10.30 am

Does your child worry a lot about day to day events?

Does your child find it hard to cope when trying something new?

For many of our children the world, or certain aspects of it, is overwhelming, complex and scary. From separation and social anxiety to performance anxiety, an increasing number of children now benefit from support to manage their anxieties. This workshop will introduce you to the current thinking around children's anxiety and ideas to support young people to manage their anxiety more effectively.

"Better Sleep" Workshop

Tuesday 30th January 2018

9.00 – 10.30 am

Does your child struggle to fall asleep or stay asleep through the night?

Is your household disrupted by poor sleep routines?

This workshop will explore the following areas -

- The importance of sleep – Why we need sleep & average sleep needs for children
- The Sleep Cycle
- Sleep Hygiene – The healthy habits that promote a good nights sleep
- Common problems & strategies to manage – Reluctance or refusal at bedtime, shared sibling bedrooms, disrupted routines, nightmares, children sharing your bed, etc.
- Creating a sleep management plan to support your child to develop healthier sleep patterns
- Further resources & where to go for more help



PLEASE TICK



I/we would like to attend the Anxiety: Helping Children To Cope on Friday 26th January, 9.00-10.30am

I/we would like to attend the Better Sleep Workshop on Tuesday 30th January, 9.00-10.30am

Name/s:

Child/ren at Hawkinge Primary School: