



Coffee Afternoon Invitation

for parents and carers of children with additional needs or any child where parents/carers would like advice and support in the area of sleep.

Thursday 12th December 2024
2pm at Merridale

We will be joined by 3 members of the SEND in mainstream school nursing team as well as our school SENDCO, Mrs Tara.

The focus for this session will be:

SLEEP

We will discuss our five cycles of sleep, strategies to implement an effective sleep routine, melatonin rich foods and fluids and the effect electronics have on our sleep.

Come along and join us!

