



8 December 2023

Dear Parents and Carers,

RE: Sleep Support

West Kirby School would like to offer a sleep support course starting in 2024 to promote your child's and family's wellbeing.

We understand sleep issues can be difficult to tackle and want to help address this by offering a 'Sleep Better' course at school; the aim is for parents and carers to come together and receive guidance from an experienced Sleep Practitioner, trained by The Sleep Charity.

The course is proven to improve sleep for participant families and has received excellent feedback.

The course will run for 5 weeks and will cover the following topics;

- Importance of sleep
- Causes of sleep issues
- Sleep and diet
- Babies and teen sleep problems
- Strategies and routines
- Sensory considerations
- Supporting children with SEND to sleep (with a particular focus on anxiety, ADHD and autism)

Expression of interest

The course will begin early 2024 and will be during school hours; we will be in touch soon to confirm the dates and times.

If you feel this would benefit your family, please express your interest by clicking on the link to access our google form <https://forms.gle/K77mRGufE6siy8Kw7> or email ekirkham@wkrs.co.uk if you require any further information. We would ask that you reply by Wednesday 20th December 2023.

Many Thanks,

Elley Kirkham

Pastoral Care Mentor & Sleep Practitioner