

The NHS Highland Health Improvement team wanted to let you know that there is still time for parents and carers to register for the online session we are delivering tomorrow evening on **'How to support your child's sleep routine'**.

Session Aim: At the end of this session parents & carers will be able to:

- Identify what sleep is, what it is for and why it is vital for health and wellbeing.
- Recognise how much sleep a child needs and why.
- What the body clock is and how it relates to sleep.
- Understand what can stop your child getting a good night's sleep.
- Reflect on what you can do to support your child to get a good night's sleep.

The session runs via **MS Teams from 6.30pm to 8pm on Thursday 17th September** and the session is very informal - the parents and carers who attended the previous delivery of this session rated it very positively.

 Parent and carers do need to register in advance using this link:

<https://events.teams.microsoft.com/event/9e1136d7-b814-4c53-bb1e-6f6a76c2f1f6@10efe0bd-a030-4bca-809c-b5e6745e499a?source=copyLinkLegacyShareEventDialog>

And once registered will be sent the link to the live session.

 If parents and carers would rather contact us to be added to the session, please email Katia at: katia.narzisi@nhs.scot or Vicki at: victoria.clark5@nhs.scot and we will add you to the session.

Supporting your child to have a better sleep routine



Date : 17th September 2026
6.30pm – 8pm



REGISTER NOW

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If you would like to book onto this session please email Katia at: katia.narzisi@nhs.scot or Vicki at: victoria.clark5@nhs.scot or register using the link below or scan the QR code above.

[https://events.teams.microsoft.com/event/9e1136d7-b814-4c53-bb1e-6f6a76c2f1f6@10efe0bd-a030-4bca-809c-b5e6745e499a?](https://events.teams.microsoft.com/event/9e1136d7-b814-4c53-bb1e-6f6a76c2f1f6@10efe0bd-a030-4bca-809c-b5e6745e499a?source=copyLinkLegacyShareEventDialog)
[source=copyLinkLegacyShareEventDialog](https://events.teams.microsoft.com/event/9e1136d7-b814-4c53-bb1e-6f6a76c2f1f6@10efe0bd-a030-4bca-809c-b5e6745e499a?source=copyLinkLegacyShareEventDialog)