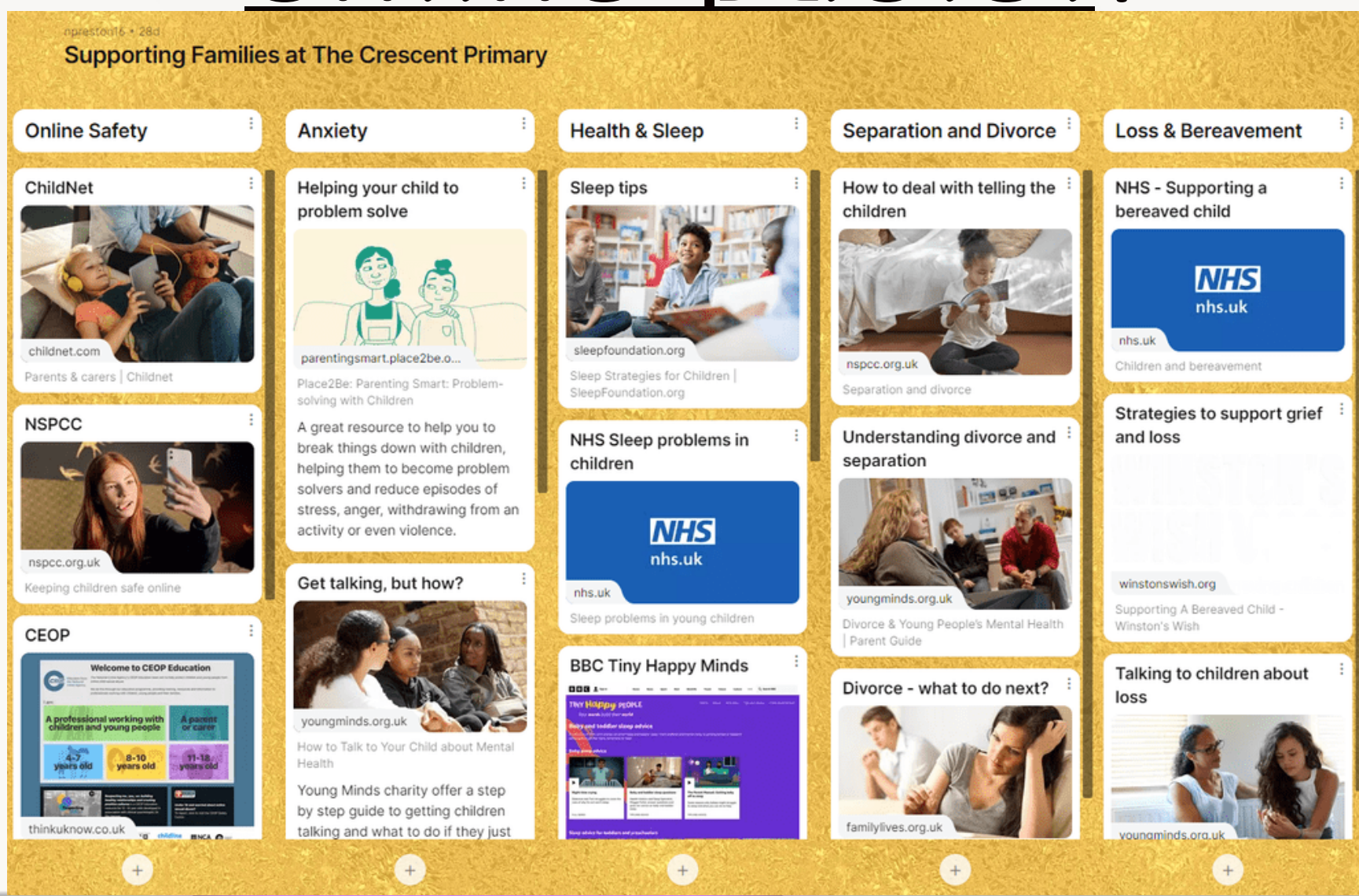


Have you seen our Supporting families online padlet?



Help with sleep and bedtime routines
[Click here](#) for The Sleep Charity's guide to how to support children's sleep anxiety and set up healthy bedtimes.

This edition focuses on good sleep health

THE CRESCENT PRIMARY SCHOOL

WAYS YOU CAN SUPPORT CHILDREN'S MENTAL HEALTH AND WELLBEING AT HOME



Sleep habits

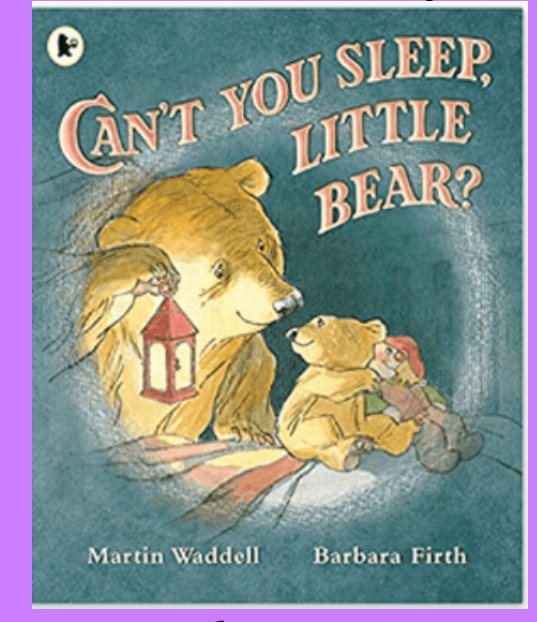
Children's sleep is so important for their development. Sleep deprivation can cause hyperactivity, behaviour problems and long term poor sleep health. Take a look at this guide for tips to help support children and families. [Find out more.](#)



Sleep stories to try with your child before bed

AUTUMN 2

Recommend books linked to sleep anxiety



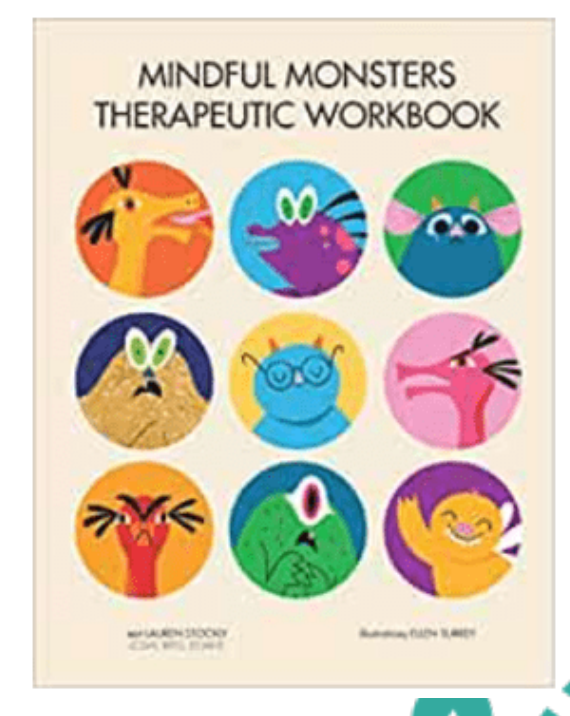
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