



## The CHP Family Wellbeing Clinic

Exclusive online sessions for member schools

As your child's school is a member of The Children's Health Project CIC, you are invited to join us for the first of 3 online wellbeing sessions this term.

# Gentle approaches to improving your child's sleep

**Tuesday 3rd October 2023 - 11am**

*and repeated*

**Thursday 5th October 2023 - 7:30pm**

We'll talk you through some common sleep problems we see in primary aged children, and gentle approaches that may help to improve your child's sleep

### Register to join one of the sessions above:

**Tuesday 3rd October 2023 - 11am**

Registration Link: <https://us02web.zoom.us/meeting/register/tZAsd-qurTwtG9LhtuEZNymTLGZt26GVyE1u>

**Thursday 5th October 2023 - 7:30pm**

Registration Link:

[https://us02web.zoom.us/meeting/register/tZErcu2rrTouH9dGXf8e\\_oLB5ysWSkBtwzr5](https://us02web.zoom.us/meeting/register/tZErcu2rrTouH9dGXf8e_oLB5ysWSkBtwzr5)

Sessions will be held online on Zoom. Please register to attend, using the links below. You will be sent information on how to join in your confirmation email.

Recordings available to those who register. Any problems, please get in touch [admin@childrenshealthproject.com](mailto:admin@childrenshealthproject.com)

Please note - you will be muted and have your camera turned off for the session. There will be an opportunity for Q&A at the end of the session, which will be through the chat.

*Our Family Wellbeing Clinics are a new feature this year. We will be holding three per term, looking at sleep, mindfulness and nutrition for children.*

*There is no cost to you - the school pay a membership to our Project, and you benefit through this membership.*





## The CHP Family Wellbeing Clinic

Exclusive online sessions for member schools

As your child's school is a member of The Children's Health Project CIC, you are invited to join us for the second of 3 online wellbeing sessions this term.

# Mindfulness to support your child's wellbeing

**Tuesday 7th November 2023 - 11am**

*and repeated*

**Thursday 9th November 2023 - 7:30pm**

We look at the meaning of mindfulness, how it can support your child's wellbeing, and how it can be protective of their mental and physical health. The session will include practical ideas for you to use at home.

### Register to join one of the sessions above:

#### **Tuesday 7th November - 11am**

Registration link:

<https://us02web.zoom.us/meeting/register/tZckdeqqrTosGNGIcQlCodnsbWV2QRifeiy2>

#### **Thursday 9th November 2023 - 7:30pm**

Registration Link: <https://us02web.zoom.us/meeting/register/tZAqd-yuqTMpHnKgWU3b1tpvGGs2igeUVcms>

Sessions will be held online on Zoom. Please register to attend, using the links below. You will be sent information on how to join in your confirmation email.

Recordings available to those who register. Any problems, please get in touch [admin@childrenshealthproject.com](mailto:admin@childrenshealthproject.com)

Please note - you will be muted and have your camera turned off for the session. There will be an opportunity for Q&A at the end of the session, which will be through the chat.

*Our Family Wellbeing Clinics are a new feature this year. We will be holding three per term, looking at sleep, mindfulness and nutrition for children.*

*There is no cost to you - the school pay a membership to our Project, and you benefit through this membership.*





## The CHP Family Wellbeing Clinic

Exclusive online sessions for member schools

As your child's school is a member of The Children's Health Project CIC, you are invited to join us for the third of 3 online wellbeing sessions this term.

# Nurturing your child's nutrition

**Tuesday 5th December 2023 - 11am**

*and repeated*

**Thursday 7th December 2023 - 2023 -**

We look at a balanced approach to nutrition for children of a primary age, with helpful tips that will support your child's wellbeing. This session will be informed by national guidance, through a real-life lens.

### Register to join one of the sessions above:

#### **Tuesday 5th December 2023 - 11am**

Registration link: <https://us02web.zoom.us/meeting/register/tZUkc--tqDotGNd4Qsuvk5eZ9rqPTpihuJEQ>

#### **Thursday 7th December 2023 - 7:30pm**

Registration Link:

<https://us02web.zoom.us/meeting/register/tZMuceiopjMuH92EcTnNwkGwniFqKrjuNOs6>

Sessions will be held online on Zoom. Please register to attend, using the links below. You will be sent information on how to join in your confirmation email.

Recordings available to those who register. Any problems, please get in touch [admin@childrenshealthproject.com](mailto:admin@childrenshealthproject.com)

Please note - you will be muted and have your camera turned off for the session. There will be an opportunity for Q&A at the end of the session, which will be through the chat.

*Our Family Wellbeing Clinics are a new feature this year. We will be holding three per term, looking at sleep, mindfulness and nutrition for children.*

*There is no cost to you - the school pay a membership to our Project, and you benefit through this membership.*

