

Safeguarding- National Sleep helpline

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Dear Parent/Carer

We are committed to working with families to support children's mental health and well-being. One of the most significant threats to a child's well-being is lack of sleep. Please see below details for the 'National Sleep Helpline'. This provides guidance for parents/carers on how to ensure their child gets an adequate amount of rest and sleep each day to protect their emotional well-being.

Please email safeguarding@hillcrest.bham.sch.uk if you require any further support on this or any other safeguarding matter.

The National Sleep Helpline 03303 530 541

The National Sleep Helpline helps anyone with sleep issues including adults, parents and young people. The helpline is available from 7pm and 9pm, Sunday to Thursday on 03303 530 541.

Poor sleep can affect anyone and it can be a major stress for parents whose own sleep can be impaired by their children's difficulties getting to sleep, staying asleep or staying in their own bed, leading to greater stress.

Having a sleep issue is surprisingly common. At any given time this affects up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis). These problems are typically persistent and do not resolve themselves without intervention.

Families often don't know where to seek help and yet issues can often be nipped in the bud with basic and accessible interventions

Mr Connor-Hemming

Deputy Headteacher