



NHS

**Grenfell Health and
Wellbeing Service**

Children's Sleep Webinar



For: health and social care professionals working
with families and children

When: Wednesday 19th October at 1-2.30pm.

[Register your interest here](#)

NHS North West London's North Kensington Recovery (Grenfell) Team, in collaboration with the Grenfell Health and Wellbeing Service and certified sleep consultant Dr Radha Patel, would like to invite you to join our webinar on sleep hygiene.

Dr Patel, alongside Dr Sara Northey, Clinical Psychologist and Clinical Lead for children and young people (CYP) will offer tips around managing sleep with babies, children and young people.

Dr Patel will advise on sleep in younger children aged 0-6, and Dr Northey will focus on older children and young people. There will be time for a Q&A.