

Education Wellbeing Service

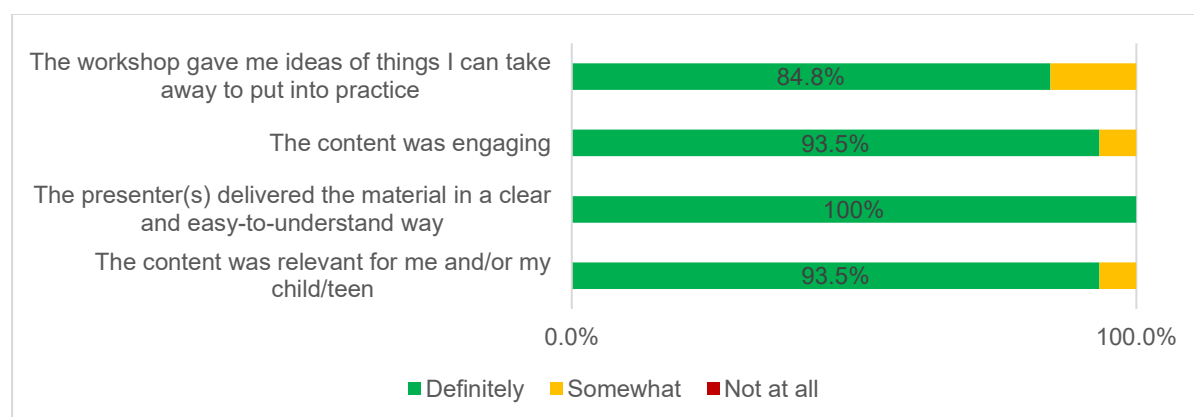
Parent Webinar Series – what did parents say?

Session title: Understanding Sleep and Self-Care Plans

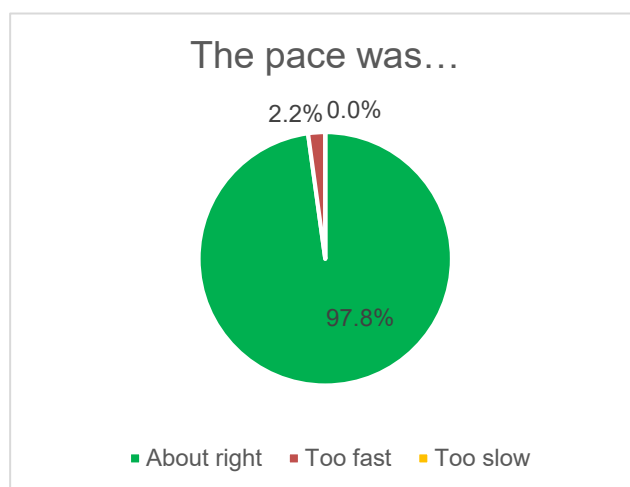
Session dates: 04/12/2024 & 07/12/2023

Total webinar signups: 527

Parents were asked to rate how they felt about the statements below:



How did parents feel about the pace of the webinar...



100% of parents who provided feedback said they would recommend it to others.

What parents said their main take aways were from the webinar:

"So many ideas and pointers to help guide myself and help my daughter to manage her sleep."

"I liked the demonstration of how to talk to teens about difficulties - really helpful"

"Strategies and rethinking my approach."

"Modelling behaviour. Asking leading questions, being inquisitive and less dictatorial about what I feel my child should do. Empathising more."

"The session gave a really helpful overview of why teens struggle with sleep and some excellent tips on how to be more understanding and help them manage this on a practical and emotional level."

What parents felt could be improved in the future:

"It was very balanced, informative and showed real empathy for the teenager difficulties. So felt it was great workshop, so no changes needed."

"A little more visual. Lots of text which we read along with Caroline."

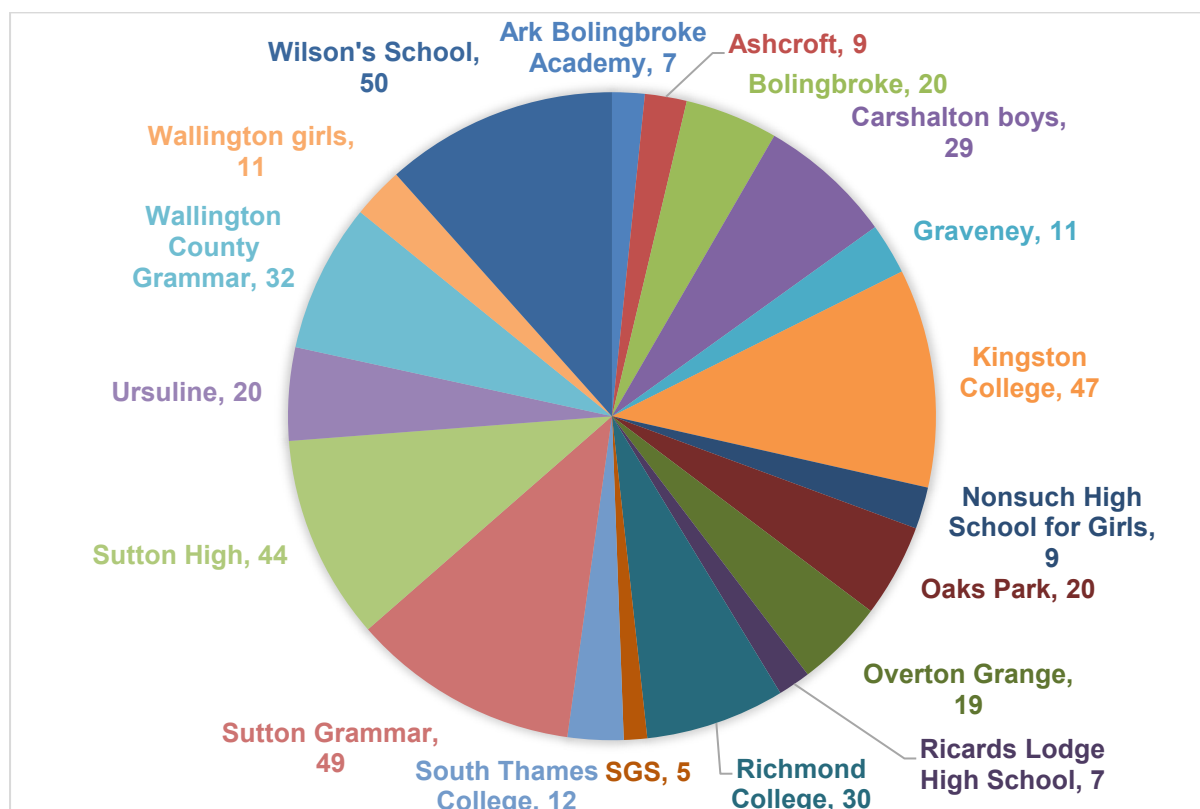
"Looking at what happens in neuro-divergent sleep patterns eg; ADHD and if it differs from neuro typical sleep patterns in teens. Both my teenagers have ADHD."

Schools with signups (under 5 parents signed up)

Academy Bolingbroke	The Kingston Academy	The John fisher school
Battersea	The Link	Carshalton girls
CHSG	Trinity School John Whitgift	Cheam High
Cricket green school	Wallington Country Grammar School	Morden College
Ernest Bevin	Carew	Sherwood Hill
Harris Sutton	Coombe Boys	St andrews
HASU	Glenthorne	St. Mark's Academy
Hurlingham Academy	Greenshaw	St. Paul's

Limes College	John Fisher	Sutton Hight School
Link secondary school	Southfields academy	
Orleans Park Twickenham	STARS	
Pendergast secondary	Wimbledon College	
Professional	Chestnut grove	
RTS	RTS	

Signups by school (schools with over 5 parents signed up)



If your school name is not on the above lists, none of your parents signed up to this webinar. Please advertise these free webinars as part of your Education Wellbeing Services to support parent wellbeing. Please speak to your Education Wellbeing Service Lead for support, advice or discussion.