



Family health & wellbeing!

March 2022 Update

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World Sleep Day

World Sleep Day 2022 will be celebrated on Friday 18th March with the theme 'Quality Sleep, Sound Mind, Happy World'.

It's a great opportunity to discuss the importance of sleep, bedtime routines, bedroom environment, sleeping tips and more as a family.

We've compiled some of the websites, resources and advice families often find useful when trying to improve their sleeping habits. Is there anything new your family could try to get a better night's sleep?

NHS recommended sleep guidelines:

3-5 years
10-13 hours
(including naps)

6-12 years
9-12 hours

13-18 years
8-10 hours

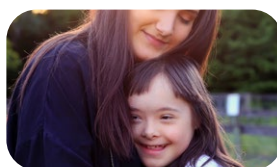
19+ years
6-9 hours

[Source: NHS](#)



The Sleep Charity

Guidance on a vast range of topics relating to children's sleep.



Support for SEND

- [Mencap advice](#)
- [Sleep Charity advice](#)



NHS sleep advice

- [For children](#)
- [For young people](#)



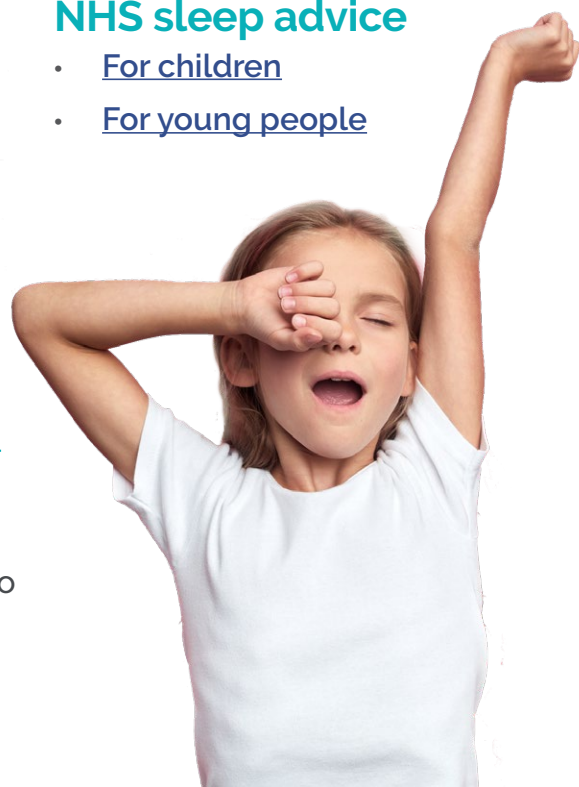
Sleep Diary

Our sleep diary can help you identify patterns that promote healthy sleep, and prepare you for consultations with professionals.



School Entry Parent/Carer Workshop

Video workshop with advice on helping your child get into a healthy sleep routine in their first years of school.



National Child Exploitation Awareness Day

Child exploitation is happening everywhere - including in **Warwickshire**. It's everyone's responsibility to spot the signs and protect children and young people from abuse.

- [Learn more about child exploitation in Warwickshire, including where to get support.](#)
- [Signs of child exploitation to look out for.](#)

Stop CE is a national campaign that encourages families, professionals, communities and authorities to work together to prevent child exploitation. **March 18th** is **National Child Exploitation Awareness Day**, and Stop CE are encouraging everyone to **think, spot and speak out against abuse** and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers.



You can support this campaign by writing a personal pledge on your hands and posting your photo on social media with the hashtag **#HelpingHands** and **#CEADay22**.



Learn all about HOLI

Holi is the ancient Hindu Festival of Love, also known as the Festival of Colours. It begins on **March 18th**. The two-day festival signifies the victory of good over evil. It marks the arrival of spring and the end of winter, and celebrates the start of a good harvest season.

On the first day, friends and family gather around a bonfire to celebrate good triumphing over evil. The second day is more widely known about, and involves people throwing a colourful, perfumed powder called gulal at one another, which is helped to stick with water pistols and balloons.

- [Find out more about Holi](#)



Different colours of gulal signify different things:
Yellow = Turmeric (a spice used in lots of Indian food)
Red = Love
Blue = Krishna (a Hindu God)
Green = Spring

- Does your family celebrate Holi? Let us know how on [Facebook](#) or [Instagram](#).
- Do you know someone that celebrates Holi? Why not ask them how they like to celebrate to learn more about the festival?



Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org

 @schoolhealthC4H

 @compassc4h

 @c4hwarwickshire

www.compass-uk.org/services/c4h

Compass