



Providing support to families of children and young people with additional support needs and severe sleep problems.

**'Time 2 Sleep'
Sleep Awareness
Workshop
Book Now!**

Do you work with families who are sleep deprived?

Or are you a parent keen to help your child with additional support needs to improve their sleep problem?

It is estimated that 85% of children and young people with additional needs also have sleep difficulties. This can present in a number of different ways from night waking to issues with settling. Sleep deprivation can have a huge impact on the child's level of functioning making it difficult to concentrate in school and often leading to behavioural problems. Lack of sleep can lead many parents into crisis resulting in them feeling exhausted.

Scope's Sleep Solutions workshop provides innovative training, written by a trained Sleep Practitioner and endorsed by Sleep Scotland. The aim is early intervention and prevention through raising awareness of good sleep practice and basic strategies for parents during discussions with time to share ideas and resources.

This one day sleep workshop includes:

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| <input type="checkbox"/> Effects on the Whole Family | <input type="checkbox"/> Why is Your Child not Sleeping? |
| <input type="checkbox"/> Keeping a Sleep Diary | <input type="checkbox"/> The Bedroom Environment, |
| <input type="checkbox"/> A Good Bedtime Routine | <input type="checkbox"/> Night Awakenings |
| <input type="checkbox"/> Useful Resources | |

**Friday 8th April 2011
Meadow Centre, 34 Faulkner Road, Solihull B92 85Y
9.30am to 2.30pm**

For more information and to book your place contact Vicki on 0771 4853763 or email vicki@face2facenetwork.org.uk

Professionals places £85 each, Parent/Carer's places £10 which is returned when attending on the day.

www.sleepsolutions.org.uk



About cerebral palsy.
For disabled people achieving equality.