



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!
Training will take place
14th & 15th March 2011

Sleep Solutions are currently working nationally with Local Authorities who are using their 'Aiming High' funding to provide families and practitioners with our Time2Sleep workshop training.

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 | |

We can train up to 20 delegates at each session and these can be practitioners and/or parents.

We will provide you with the training materials and a trainer who is a qualified and experienced sleep practitioner. Workshops run from 9.30am to 2.30pm

Workshop Venue: Challenging Behaviour Foundation, The Old Courthouse, New Road Avenue, Chatham ME4 6BE

To discuss booking your workshop contact Jill on 01634 334048 or email jill.gammon@medway.gov.uk

For more information visit:
www.sleepsolutions.org.uk



About cerebral palsy.
For disabled people achieving equality.