

Sleep solutions for all children

Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged four to ten.

A proven evidence-based, behavioural approach to help families get a better night's sleep

Together, in small interactive groups Lesley and Francine who are licensed sleep practitioners with a wealth of experience will help parents to restore healthy sleep. This course covers:

"Understanding why my child couldn't sleep without me in the bed was life changing. Learning that all I needed to do was make a few simple, gentle changes made it all seem so much more achievable. We do now all sleep in our own beds!"

- ✓ Understanding the stages of sleep and impact of sleep deprivation on children's behaviour and learning
- ✓ Identifying the causes of sleep difficulties, including a child's sensory sensitivities
- ✓ Support to find ways to bring balance to your child's sleep issues
- ✓ Tips and ideas that help children go to sleep and stay asleep
- ✓ Understanding and managing sleep problems such as night terrors and nightmares
- ✓ Learn how to actively listen and respond empathically to children to reduce concerns and feelings such as anxiety
- ✓ Helping parents to create a routine & sleep induced environment to aid healthy sleep for the whole family



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Where: Online via Zoom

When: Tuesdays 12pm - 2pm

November: 9th, 16th, 23rd, 30th

December: 7th, 14th



Limited free places available. Email bookings@familiesinfocus.co.uk to secure your place