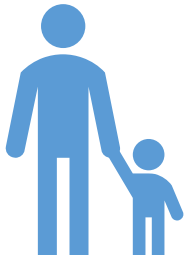


# Supporting Your Child With Sleep Difficulties



## Who is this workshop for?

Parents/carers of children and young people struggling to fall asleep or stay asleep.

Although some of the topics in the workshop are targeted at primary school aged children, the content can also be applied to older children in secondary school

## What will be covered?

- Why sleep is important
- Reasons children may have sleep difficulties
- Signs of poor sleep & sleep hygiene tips
- Other Factors that may impact on sleep
- Creating a step-by-step plan to address worries
- Using praise & rewards



## What are the outcomes?

- You will gain knowledge, advice & practical strategies to manage your child's sleep difficulties
- You will also be given a list of useful resources and websites

## Dates

All workshops are via MS Teams



Tuesday 11<sup>th</sup> January 2022

10am – 11.15am

<https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-difficulties-tickets-227648602097>



Tuesday 8<sup>th</sup> February 2022

10am – 11.15am

<https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-difficulties-tickets-227651310197>



Tuesday 8<sup>th</sup> March 2022

6pm – 7.15pm

<https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-difficulties-tickets-227653556917>



Tuesday 12<sup>th</sup> April 2022

10am – 11.15am

<https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-difficulties-tickets-227659043327>