



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

**'Time 2 Sleep'
Sleep Awareness
Workshop
FREE PLACES
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 workshop is very popular with practitioners who want further knowledge around the application of already sound sleep hygiene training to the difficulties that arise with additional needs and disabilities.

We are delighted to have received funding from Aiming High to offer FREE training for parents and professionals throughout Staffordshire.

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 | |

“So many of the families that I work with are sleep deprived. This course helped me to be able to offer them some practical support, I'd recommend it to colleagues”
Portage Home Visitor who recently attended the Time 2 Sleep course.

“Brilliant course, lots of really useful information and advice that I can try with my son. Listening to other parents stories/help/tips was interesting, encouraging as well as useful”
Parent who recently attended the Time 2 Sleep course.

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



About cerebral palsy.
For disabled people achieving equality.