



Sleep Course for parent/carers of children & young people

A two-week (2 hours per week) course for parent/carers of children (aged 0-18) with special or additional needs who are experiencing sleep difficulties

KEY THEMES:

- Children's sleep cycles & sleep needs
- The reasons behind night settling & night waking
- Strategies to feel less stressed when sleep training
- New parenting strategies for settling child to sleep & staying asleep

DATE

Friday 5th and Friday 12th October
10:30 - 14:30 both weeks

VENUE

Castle School

COST

FREE thanks to funding from



CONTACT

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sleep@parentingspecialchildren.co.uk

PLEASE BOOK ONLINE HERE -

<http://bit.ly/CastleSleepOct2018>

Parent/Carers of Castle School have priority booking. Please use this password - **CastleSleep**

"This has changed how our family works in the evening, for the better.

We are all getting more sleep"

Sleep Course attendee, Melanie, Wargrave

www.parentingspecialchildren.co.uk