



Sleep workshop for Parent/carers of children/young people with special needs - Castle School

A **workshop** for parent/carers of children/young people with additional needs who are experiencing sleep difficulties with child

A Parent to Parent Approach.

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

Delivered by trained NHS Sleep Practitioners

TIME

9.30am to 11.30am

DATE

Friday 17 November 2023

VENUE

Castle School, Love Lane, Newbury,
RG14 2JG

COST

FREE course (funded by ACL West
Berkshire)

CONTACT

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