



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 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 Sleep Practitioners, who are also parents of children with specific learning needs

"I've learnt so much and love these courses – they're such a help! I'm feeling much more confident about helping my daughter."
Sleep Course attendee, Melanie, Wargrave

DATE

Various dates - see link below for details

VENUE

Various locations across Berkshire

COST

FREE course (£10 for the course handbook)

CONTACT

Tel: 0118 986 3532

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WEBSITE

www.parentingspecialchildren.co.uk/find-out-about/sleep/

You can use this website to view further information and to book onto the courses

www.parentingspecialchildren.co.uk