

Sleep workshop



A workshop for parents with children who have difficulties with
sleep

Aims of the workshop:

- To help parents understand how sleep can impact on their child's behaviour
- To help parents understand how sleep can impact on their child's ability to participate in activities
- To give parents confidence that they can make changes
- For parents to have the opportunity to meet other parents to share experiences and ideas
- To give parents lots of ideas and strategies to try with their child and direct to useful resources and information that may help.

Who is it for?

The workshop is for families of children aged 2-11 years old who may have autism or going through the autistic diagnosis process. Or children aged 2-17 if evidence of a learning disabilities or global developmental delay, autism.

The workshops will consist of three sessions and involve parents/carers commitment to attending both sessions for two hours
Practitioners from the learning disabilities team deliver the workshop.

Two parent/ carers can attend from each family with a maximum of 10 families.

Please ring 01229 404693 if interested.

**We are
LSCft**