



www.thechildrenssleepcharity.org.uk

The Children's Sleep Charity Sleep Tight Workshop

**Does your child suffer sleep problems?
Do you want to access support to help improve bedtime?
Delivered by a qualified Sleep Practitioner, trained by
The Children's Sleep Charity, workshops include:**

- **Understanding sleep cycles**
- **Common sleep issues and strategies to manage these**
- **Establishing appropriate routines**
- **Keeping sleep diaries and interpreting the data**
- **Environments**

Follow up support by phone and/or email is available for up to 5 weeks to support the implementation of a sleep programme

This is a 5 Week Programme, all 5 workshops must be attended:

**Monday 10th June
Monday 17th June
Monday 24th June
Monday 1st July
Monday 8th July**

Time: 10am-12pm

**Venue: Centre for ADHD and Autism Support,
Television House, 2nd Floor, 269 Field End Road, Eastcote HA4 9XA**

Register

<https://forms.gle/CDQHyh3TQr7mygjc6>

EMAIL: earlysupportteam@hillington.gov.uk
TELEPHONE: 01895 277183

