



The Children's Sleep Charity Sleep Better 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**
- **Sleep problems in ASD**
- **Common sleep issues and strategies to manage these**
- **Establishing appropriate routines**
- **Keeping sleep diaries and interpreting the data**
- **Environments**

This is a 4 Week Programme, all 4 workshops must be attended:

**Monday 9th March
Monday 16th March
Monday 23rd March
Monday 30th March**

Time: 10 am - 12.30 pm

**Venue: Centre for ADHD and Autism Support,
Television House, 2nd Floor, 269 Field End Road, Eastcote HA4 9XA
(Please note we are unable to provide crèche facilities for this programme)**

Register: <https://forms.gle/fJheiroFsQ9hrRKE6>

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