



www.thechildrenssleepcharity.org.uk

Sleep Success For Parents and Carers

**Wednesday 5th February 2020
10am-2.30pm**

Barra Hall Children's Centre
Wood End Green Road, Hayes, Middlesex, UB3 2SA

Delivered by Wendy Thomas, Sleep Practitioner within Hillingdon's Outreach Service, this workshop is accredited by the Continuing Professional Development Standards Office and has been developed by the Children's Sleep Charity. Primarily focusing on children aged 4-18 years, the day will provide an insight into the importance of sleep and the impact this can have on family lives. The workshop includes;

- Why sleep is important
- Understanding sleep cycles
- Keeping sleep diaries and interpreting the data
- Common sleep issues and strategies to manage these
- Establishing appropriate routines
- Environments
- Delegate resource pack

Register

<https://forms.gle/GSzqRwRHQmwnFaWc6>



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Please note we are unable to provide creche facilities for this workshop.