

## Sleep Workshop

**When: - Thursday 2<sup>nd</sup> May 2024 at 9am**

**Where: - The Orchard**

**Please speak to Mrs Fillan or Mrs O'Brien if you  
Would like any more information.**



### **Who is the workshop for?**

Parents/carers of children who are having difficulty with their child's sleep behaviours.

### **What will the workshop cover?**

The workshop aims to help parents/carers develop an understanding of sleep including:

- What factors affect sleep.
- What factors promote sleep.
- Common sleep problems/disorders.
- Strategies to support your young person in settling to sleep and with night waking.

### **The workshop will be split into two main sections:**

- Section 1: Understanding what sleep is and why it is important.
- Section 2: Helpful Strategies.

**\*This workshop will be last around 3 hours\***