

SLEEP SOLUTIONS FORUM

Thursday 16th September 2021

9:30-12:30

It is recognised that problems with sleeping can cause wider difficulties to the child or young person experiencing them and their families. Improving sleep can lead to families experiencing reduced stress and children and young people more able to access their learning opportunities.

This session is an opportunity for parents to explore some of the factors that may be causing sleep difficulties and to find out about practices and strategies that promote better sleep patterns.

The session will be part informative and part solution focused, giving individuals attending the opportunity to work with others and consider ways forward for their situation.

The sessions will cover

- Good sleep factors that promote getting to sleep and remaining settled
- Some commonly occurring sleep difficulties in children and young people including those with additional needs
- Group problem solving to find solutions

This session is suitable for parents and carers of children who are currently experiencing long term sleep problems and are looking for an opportunity to explore the reasons why this may be occurring and to find ways forward to improve things.

This session is free to attend – refreshments will be provided.

Presented by

Helen Cottage, Specialist Teaching and Learning Service – (Communication & Interaction)