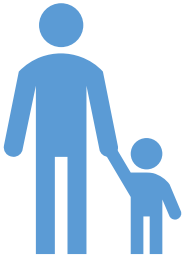


Supporting Your Child With Sleep Difficulties



Who is this workshop for?

Parents/carers of children and young people struggling to fall asleep or stay asleep.

Although some of the topics in the workshop are targeted at primary school aged children, the content can also be applied to older children in secondary school

What will be covered?

- Why sleep is important
- Reasons children may have sleep difficulties
- Bed wetting
- Signs of poor sleep & sleep hygiene tips
- Other Factors that may impact on sleep
- Creating a step-by-step plan to address worries
- Using praise & rewards



What are the outcomes?

- You will gain knowledge, advice & practical strategies to manage your child's sleep difficulties
- You will also be given a list of useful resources and websites

Dates

All workshops are via MS Teams



Wednesday 15th September 2021

10am – 11.15am

<https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-difficulties-tickets-166504301849>



Tuesday 26th October 2021

12pm – 1.15pm

<https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-difficulties-tickets-166513697953>



Wednesday 17th November 2021

10am – 11.15am

<https://www.eventbrite.co.uk/e/supporting-your-child-with-sleep-difficulties-tickets-166514586611>



Hertfordshire Community
NHS Trust



Hertfordshire
Family Centre
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