

'Time 2 Sleep' Sleep Awareness Workshop

FREE PLACES - Book Now!

27th June or 12th September 2014

**At the Fleet, Fletton, Peterborough PE2 8DL
from 9.30am – 2.30pm**

sleep 
solutions

It is estimated that between 60% and 86 % of children and young people with physical disabilities and/or additional needs also have sleep difficulties. This can present in a number of different ways from night waking's to issues with settling. Sleep deprivation can have a huge impact on the child's level of functioning making it difficult to concentrate in school and often leading to behavioural problems. Lack of sleep can lead many parents into crisis resulting in them feeling exhausted.

Written by Scope's highly experienced trained Sleep Practitioners, our Time 2 Sleep workshop provides innovative training. The aim is early intervention and prevention through raising awareness of good sleep practice and basic strategies for parents. This workshop is very popular with practitioners who want further knowledge around the application of already sound sleep training and the difficulties that arise with additional needs and disabilities.

This one day sleep workshop includes:

- * **Effects on the Whole Family**
- * **Keeping a Sleep Diary**
- * **A Good Bedtime Routine**
- * **Approaches to addressing sleep**
- * **Why is Your Child not Sleeping?**
- * **The Bedroom Environment**
- * **Night Awakenings**
- * **Useful Resources**

**TO BOOK YOUR PLACE call Maxine on 07966004704 or
email maxine.mcculloch@scope.org.uk**

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place for disabled people.**

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