



working to ensure that children get a good night's sleep
..... and so do their parents/carers!

Are you the parent of a child with sleep issues?

Are you a professional who supports families with sleep problems?

Our sleep workshop is designed for both parents and practitioners and is coming to your area soon

Sleep Success Workshop

Monday 21st November 2016

At

Central Children's Centre,

Welcome Way, Doncaster

DN1 3LE

The Children's Sleep Charity aims for all children to get a good night's sleep.

All of our training is delivered by qualified and highly experienced sleep practitioners who also have a specialism in working with families with children who have additional needs.

Our workshop includes:

Explanation of sleep and sleep cycles ~Common sleep issues and strategies to manage these~
Establishing appropriate routines~ Keeping sleep diaries and interpreting the data~ Providing
restful environments~ Delegate Resource Pack

To find out more and to book your training please contact:

Claire or Carol on 07912 667676 or preferably email

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www.thechildrenssleepcharity.org.uk