

**Monday 18th September 2017 from 10.00am – 2.00pm at
Hampton Children and Family Centre, Hargate Way,
Hampton Hargate, Peterborough, PE7 8BZ**

Sleep Solutions Workshop

The aim is early intervention and prevention through raising awareness of good sleep practice and basic strategies for parents. This workshop is also very popular with practitioners who want further knowledge around the application of already sound sleep hygiene training to 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 wakings
- * Useful Resources

TO BOOK YOUR PLACE call Sally on 01733 893361 or 07756 459398 or email Sally.Chalfont@family-action.org.uk

**Scope exists to make this country
a place where disabled people have the
same opportunities as everyone else.**