

Sleep workshop



A virtual workshop for parents with children who have difficulties with sleep Aims of the workshop:

- To help parents understand how sleep can impact on their child's behaviour
- To help parents understand how sleep can impact on their child's ability to participate in activities
- To give parents confidence that they can make changes
- For parents to have the opportunity to meet other parents to share experiences and ideas
- To give parents lots of ideas and strategies to try with their child and direct to useful resources and information that may help.

Who is it for?

The workshop is for families of children aged 2-11 years old who are going through the autistic diagnosis process or have diagnosis. Children aged 2-17 if evidence of a learning disabilities or global developmental delay.

The workshops will consist of four sessions on an online platform and involve parents/carers commitment to attending all sessions for one hour.

We are excited to co-facilitate with **Amanda Bland, Sleep Practitioner from 'A Stitch Different CIC'** who is able to share her expertise both as a parent and practitioner. Amanda will be joined by Claire Luxon, Assistant Practitioner and Nicola Bruff, Children's Learning Disability Nurse.

We will have a maximum amount of families to attend due to the restrictions online.

**Please ring 01229 404 693 to register a place
or for more details.**



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