



Families in Focus CIC

Sleep Success

A proven, evidence based and therapeutic approach to increase restful sleep to the whole family

When a child doesn't sleep well it can impact the whole family. Sleep plays a vital role in physical, emotional and mental well-being and impacts learning and behaviour.

Our kind, gentle, holistic approach gives you and your child the skills needed to maintain a life time of healthy sleep.

Trained by The Children's Sleep Charity we offer a behavioural approach and effective sleep support that is safe and based on the latest research.

- **Understanding the stages of sleep and the impact of sleep deprivation on children's behaviour, learning, health & mood of whole family.**
- **Identifying & understanding the causes of children's sleep difficulties including sensory hypo/hyper sensitivities.**
- **Understanding and managing sleep disturbances including nightmares and night terrors**
- **Strategies to manage common sleep issues**
- **Positive Parenting: establishing a positive, sleep inducing bedroom environment and routine to aid self-setting and healthy sleep.**



When:

9.30am to 12pm

March 18th 25th

April 1st, 29th

Where

**St Mary's School Room,
Childwickbury,
St Albans, AL3 6LB**

FREE for parents caring for children under 11 years old with any additional needs and living in DSPL7 areas of St Albans, Harpenden, Redbourn, Wheathampstead, London Colney

Places are limited and must be booked by contacting Families in Focus CIC



Families In Focus CIC

A Community Trust Company

Email bookings@familiesinfofocus.co.uk or

Visit our website www.familiesinfofocus.co.uk