



FREE

ONE-OFF WORKSHOP - 1.5 HOURS

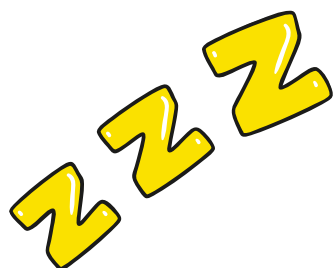
Supporting Your Child with Sleep Difficulties

This session is available for parent/carers who are looking to understand and support their child who experience difficulties around sleep. This includes struggling with a sleep routine, difficulties falling or staying asleep, and worries around night-time. The sessions covers theory around sleep in young people and key strategies to support young people.

To find out more, speak to a member of school staff



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