



To parents and professionals of disabled children
or children with additional needs

Time 2 Sleep Awareness **Workshop**

- ❖ raising awareness of good sleep practice
- ❖ basic strategies for parents
- ❖ discussions with time to share ideas and resources.

**Venue: The Haven, Budehaven Community School, Valley Road,
Bude, EX23 8DQ**

Date : 22/02/12

Time 9.30am- 2.30pm (lunch included)

**If you are interested in attending one of these workshops please contact:
Jane Armstrong tel 07711059946 or email jane.armstrong@scope.org.uk**

This one day sleep workshop includes:

- | | |
|--|--|
| <input type="checkbox"/> Effects on the Whole Family | <input type="checkbox"/> Why is Your Child not Sleeping? |
| <input type="checkbox"/> Keeping a Sleep Diary | <input type="checkbox"/> The Bedroom Environment, |
| <input type="checkbox"/> A Good Bedtime Routine | <input type="checkbox"/> Night Awakenings |
| <input type="checkbox"/> Useful Resources | |

This workshop will be delivered **free to parents
Professionals welcome**