



[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)

## **The Children's Sleep Charity Sleep Tight Workshop**

**Does your child suffer sleep problems?  
Do you want to access support to help improve bedtime?  
Delivered by a qualified Sleep Practitioner, trained by  
The Children's Sleep Charity, workshops include:**

- **Understanding sleep cycles**
- **Common sleep issues and strategies to manage these**
- **Establishing appropriate routines**
- **Keeping sleep diaries and interpreting the data**
- **Environments**

Follow up support by phone and/or email is available for up to 5 weeks to support the implementation of a sleep programme

**This is a 5 Week Programme, all 5 workshops must be attended:**

**Monday 10th June**

**Monday 17th June**

**Monday 24th June**

**Monday 1st July**

**Monday 8th July**

**Time: 10am-12pm**

**Venue: Centre for ADHD and Autism Support,  
Television House, 2nd Floor, 269 Field End Road, Eastcote HA4 9XA**

Register

<https://forms.gle/CDQHyh3TQr7mygjc6>

EMAIL: [earlysupportteam@hillington.gov.uk](mailto:earlysupportteam@hillington.gov.uk)

TELEPHONE: 01895 277183

