



# 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 18<sup>th</sup> 25<sup>th</sup>**

**April 1<sup>st</sup>, 29<sup>th</sup>**

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@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or

Visit our website [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)