

A behavioural approach to sleep

Workshop delivered by The Children's Sleep Charity in partnership with Seashell Trust. The Children's Sleep Charity was founded by a parent of a child with SEND who has suffered the impact of sleep deprivation.

Research has shown that the charity's methods have resulted in children with ADHD gaining an additional 2.6 hours of sleep per night

The workshop will:

- Explore the reasons why children may experience sleep issues and strategies to overcome this
- Focus on the success of using a behavioural approach to sleep
- Deliver the science of sleep in an easy to understand way

Professional booking: £25

Parent bookings: Free of charge

Tuesday 25th June 2019. 10am – 12noon
Registration from 9.30am with
tea & coffee provided.

The Regis Suite, Alma Lodge Hotel,
149 Buxton Road, Stockport, SK2 6EL

To book (limited places) go to:
Eventbrite.co.uk and
search for 62199719034

If you would like more information please email:
family.services@seashelltrust.org.uk or 0161 696 9379

www.seashelltrust.org.uk

Seashell Trust specialises in education and care for children and young people with complex special needs.