

SLEEP SUPPORT



MIDAS, Meadowfield School, Swanstree Avenue, Sittingbourne, ME10 4NL

Date	21 st May 2024
Time	18:00-20:30
Presented By	Susan Cassingham and Kate Chatfield

Sleep problems can be a persistent and severe problem for children and young people. Improved sleep can lead to reduced stress within the family and improved educational outcomes for the young person.

This half-day workshop will:

- Introduce participants to a range of sleep problems in children and young people with additional support needs
- Identify possible causes of sleep difficulties
- Consider behavioural interventions to improve them
- Provide an opportunity to share ideas with parents and carers facing similar challenges

This workshop is suitable for parents, carers and families of Early Years, primary age and secondary age children (age 3+).

This workshop is £5 per participant
Refreshments are provided

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.

