



## Sleep Skills Parent Workshop

**Does your child have difficulty with...**

**Going to bed at night?**

**Falling asleep at night?**

**Sleeping in their own bed?**

**Night time waking?**

This workshop is designed for parents of children who have difficulties with sleep which do not require medical investigation or medication. It focuses on the use of behavioural, sensory and communication strategies to help resolve sleep problems.

Five sessions to cover:

- Sleep basics and sleep hygiene
- Sleep disturbances
- Sleep diaries
- Individual sleep goals
- Sleep strategies
- Individual sleep plans
- Parent support review sessions
- Forward planning

### **COST:**

€200

Spaces limited to six parents per group

Initial deposit of €50 to be paid to secure your place. Full payment before or at first session.



**Please contact Sensational Kids on (045) 520900 to register your interest for this workshop.**