



# Families in Focus CIC

## SLEEP TIGHT

for parents caring for children  
with Additional Needs

Proven anger management techniques for *all* the family



*"Sleep is vitally important to support children's development and their wellbeing. Sleep deprivation affects behaviour, learning, health, mood and the whole families function. Our approach to sleep uses specific behavioural and cognitive techniques to help parents adapt night time behaviours. 86% of children with SEND experience sleep issues." Vicki Dawson founder of The Children's Sleep Charity.*

Our very latest evidence based course:

### Topics include:

Understanding the stages of sleep and the impact of sleep deprivation on children's behaviour, learning, health & mood.

Identifying the causes of children's sleep difficulties.

Establishing effective bedtime routines.

Understanding the causes of sleep disturbances.

Strategies to manage common sleep issues.

Positive parenting: establishing a positive, sleep inducing bedroom environment to aid healthy sleep.

**Fully funded places available by DSPL 7 so 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.**

Where:

**St Albans Girls' School,  
Sandridgebury Lane  
St Albans  
Hertfordshire  
AL3 6DB**

When:

**Tuesday's 12.30 to 2.30pm**

**January 23<sup>rd</sup>, 30<sup>th</sup>**

**February 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

(Break for half term to include practice of learned techniques)

**March 6<sup>th</sup>**

**DSPL** | Delivering Special  
Provision Locally  
Achieving quality outcomes



**Families In Focus CIC**

A Community Interest Company

**Places are limited and must be booked by contacting Lesley, Francine or Maria:**

**Email [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)**

**Phone and leave a message: 01442 219720**