

11<sup>th</sup> November 2022

## **Sleep Awareness Workshop - Friday 25<sup>th</sup> November 8.45am - 11.00am**

Does your child have a sleep pattern that disrupts family life?

Does your child:

- Refuse to go to bed
- Struggle to calm down before bed
- Wake up in the night and need attention
- Struggle to get up in the morning

Any of these can have an impact on family and school life and can lead to:

- Tiredness
- Irritability
- Difficulty in Learning
- Emotional outbursts

The sleep awareness workshop is an introduction to understanding your child's sleep and how to support it and will be delivered by Shelagh Finn a sleep specialist.

If you are interested in attending a workshop please complete the form below by **Monday 21<sup>st</sup> November.**

Thank you

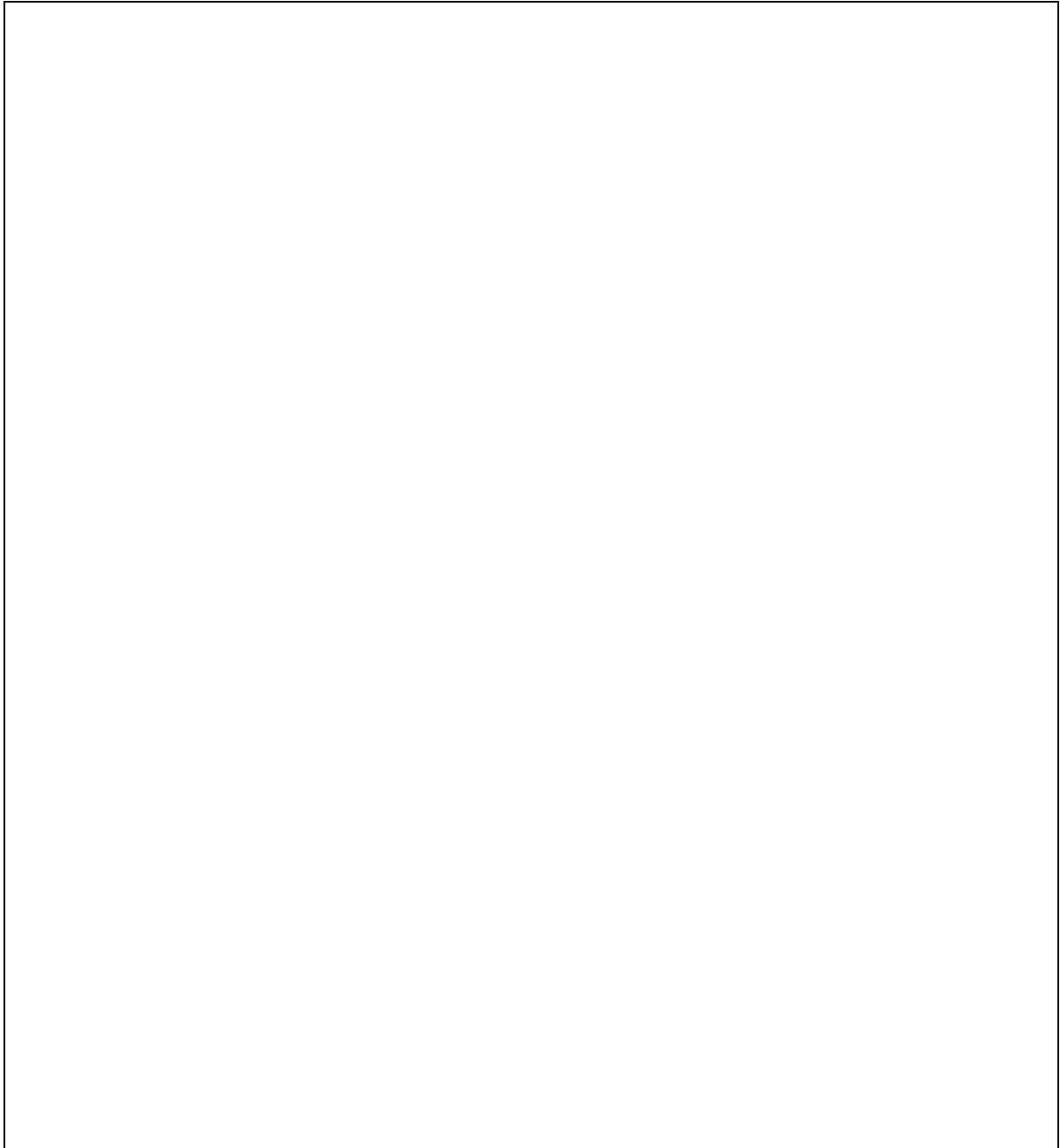
Siobhan Bamforth

Childs Name:

Class:

Parents Name:

What do you consider to be the main problem with your child's sleep?

A large, empty rectangular box with a thin black border, intended for the respondent to write their answer to the question above. The box is currently blank.