



## Sleep Well Workshop (Trauma Informed) For adopters, foster carers, kinship carers & birth parents – Friday, 27<sup>th</sup> Sept 2024

Bedtimes & sleep can be particularly challenging for children and young people with early life trauma and insecure attachments.

This workshop will be delivered by specialist sleep practitioners and will go through:

- Importance and science of sleep
- The reasons behind problems of night settling and night waking in children with trauma history
- Good sleep hygiene, sleep cues & effective bedtime routines
- Practical ideas around food and environment
- Managing anxiety for good sleep
- Strategies for settling your child/young person to sleep and staying asleep

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**DATE**

Friday 27<sup>th</sup> Sept 2024

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**TIMINGS:**

10am – 12.30pm

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**VENUE:**

Online via zoom

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**COST:**

£10/place – Berkshire families  
£15/place – non-Berks families

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**CONTACT:**

Contact: 07557 102623 or  
[tas@parentingspecialchildren.co.uk](mailto:tas@parentingspecialchildren.co.uk)

To book: <https://www.parentingspecialchildren.co.uk/event/sleep-well-workshop-trauma-informed/>

Parenting Special Children are a charity working with families of children and young people with special needs in Berkshire.

[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)