



North Tyneside Parent Carer Forum cic



Sleep Course for Parents (by Zoom)

Sleep is as important for survival as food and water; yet most people know very little about this vitally important process. 80% of children with a SEND struggle with sleep.

NTPCF have arranged for Nickie Sutton, experienced sleep practitioner and trainer, to run sessions to learn more about sleep and how you can help young people sleep better.

You need to commit to attend both sessions

Wednesday 18 May 2022 at 7pm - 9pm: How and why we sleep - what our brains need us to do to sleep well.

Wednesday 25 May 2022 at 7pm - 9pm: SEND and sleep - how can SEND make sleep so much harder, and how you can help.

Use the Eventbrite to book your space and get the Zoom link

<https://www.eventbrite.co.uk/e/sleep-course-for-send-parent-carers-tickets-332661829487>

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