

Children, Young People, and Families' Neurodiversity Wellbeing Team

Sound Asleep Parent/Carer Workshop

An interactive workshop for parents and carers of children with neurodiversity related sleep troubles



Including topics such as, but not limited to:

- Promote Healthy Sleep Habits
- Provide Neurodiversity-Aware Sleep Solutions
- Create a Relaxing and Safe Sleep Environment
- Foster Family Support and Communication
- Teach Mindfulness and Relaxation Techniques

To book a place, give us a call on 01752 435404 or email livewell.neurowellbeing.enquiries@nhs.net

We support people to lead independent, healthy lives