

10 March 2023

Dear Parents,

Parent Workshop – Sleep.

On Monday 20 March 2023, from 12.45 until 2.30 pm, at Cranbury College will be hosting a sleep workshop for parents (see poster below). The workshop is being led by Helen Cattermole from Parenting Special Children.

Schedule:

12:45- 1pm: meet and greet with coffee.
1pm -2.30pm: course begins.

Topics covered:

- Children's sleep cycles and sleep needs.
- The reasons behind night settling and night waking.
- Strategies to feel less stressed when sleep training.
- New parenting strategies for settling your child to sleep and staying asleep.

There are 15 spaces available: first come first serve basis.

Please confirm if you would like to attend via the form linked here.
<https://forms.office.com/e/64t3KBUzSw>

Reading Families' Forum has kindly helped arrange this opportunity for you. Some of you may already be members of RFF, but they are always welcoming new members, as this is important for having a bigger 'voice' in the work they do in shaping services. For more information have a look at RFF's website: <http://www.readingfamiliesforum.co.uk/> where you can also sign up for membership (it takes a few seconds) or via the following link: <https://goo.gl/forms/fAHktHVftQtzKU942>

PARENT WORKSHOP

SLEEP

DELIVERED BY HELEN CATTERMOLE
FROM PARENTING SPECIAL
CHILDREN

20.03.23
12.45-2.30PM
@CRANBURY
COLLEGE

TOPICS COVERED IN OUR SLEEP WORKSHOPS INCLUDE:

- CHILDREN'S SLEEP CYCLES AND SLEEP NEEDS
- THE REASONS BEHIND NIGHT SETTling AND NIGHT WAKING
- STRATEGIES TO FEEL LESS STRESSED WHEN SLEEP TRAINING
- NEW PARENTING STRATEGIES FOR SETTling YOUR CHILD TO SLEEP, AND STAYING ASLEEP

