



# “Better Sleep Workshop”

## Understanding, Preventing and Responding to Sleep Difficulties.

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**DATE: Wednesday 6<sup>TH</sup> and Wednesday 20<sup>th</sup> March 2019**

**TIME: 10-12am**

**VENUE: WEST LIMERICK CHILDREN'S SERVICES**

**FACILITATOR: JIMMY BURKE (MISCP)**

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Understanding the basics about sleep can help you to identify why your child may be having difficulties sleeping. Sleep problems are reported to occur more often in children with additional needs. Sleep is as important to our bodies as food is. Sleep is also important for learning and memory and it is involved in restoring the immune system.

A “Better Sleep” workshop is being offered to parents of children attending the School-Age Team at West Limerick Children’s Services. This workshop is on over two-days. Day 1 will provide information on understanding sleep, reasons for poor sleep, preventing and responding to sleep difficulties. Day 2 will involve parents discussing their experiences of sleep strategies implemented from the first session. It is important to attend on both dates.

If you would like to book a place please call 069 61919 or please text: Sleep Workshop and your child’s name to 086 8366812, before Wednesday 27<sup>th</sup> February. Please note places are limited and a waiting list will apply.