

Sleep sessions

with the Children and Young People's Community
Learning Disability Health Team

Understand more
about your child's
sleep

Gain strategies to
implement at home

Learn about the
importance of sleep
environment

Support will also be available following the session where needed.



We will aim to run these sessions
face-to-face or via Microsoft Teams
and there is limited space.
To book, call us on **0300 123 1153**.