

For parents and carers of
children with additional
needs aged 12 months and up

SLEEP BETTER

Parent Support Programme

- ✿ In Person
- ✿ 5 Week Programme
- ✿ Parent/Carer Only
- ✿ Free

Find out how small changes can make a big difference to your family's sleep. Discover helpful tips and ideas from The Sleep Charity. Scan to book your place.

