



Feedback for: Parent & Carer's Coffee Morning – Sleep Workshop

Date: 30.11. 2017

Location of event: Rosehill School

Number of participants: 9

Delivered by: Emma Weatherdon – Contact for Families

Facilitator – Claire Waldrom (Acting Deputy Head)

In attendance – Charlotte Turner –DSL/Safeguarding



Key Points

Why sleep can be a problem

86% of children with additional needs have issues with sleep

- Children with autism frequently seem to be affected with a disturbed sleep pattern
- They may have difficulty going to sleep or wake frequently for no obvious reason, or only need a few hours' sleep
- A good bedtime routine, using different strategies and approaches can help to improve sleep patterns
- It is important to seek medical advice to make sure there is not a medical cause for your child's problems with sleeping



Parent/Carer Feedback:

Things parents/carers learned from the session:

Theoretical applications can help practice

Make regular routines

Lots!

Support and aids available to help my child sleep

Something I've experienced/felt today

You have to be patient

It's always good to share ideas and know I'm not alone

Parents not always aware of support

Other parents are going through the same

Something I will do as a result of today's session:

Start a routine
and keep a
log

It has been a good
session. I will use the
information to hopefully
solve some of the issues
we have

Stop giving
melatonin on a
regular basis and try
to follow the
techniques

I will be more
determined to apply
theory to practice

Excellent
presentation

Lots of chat &
information

This is the web site for: Contact for Families with Disabled Children:

https://contact.org.uk/?gclid=EAlaIqobChMI5s_zj7X62AIVSTPTCh3xLAK0EAAYASAAEqJaoPD_BwE

Thank you to all the parents that attended and your valuable contributions.

Look forward to seeing soon.