

# Sleep and Children with Additional Learning Needs Workshop



Join The Sleep Charity for an insightful webinar led by sleep specialist Helen Rutherford. For parents/carers & professionals.

Please make alternative arrangements for childcare during the workshop. As the session is for **adults only**.

This session is designed to empower parents and caregivers with the knowledge and tools to support better sleep for children with ALN.

## Includes information on:

The science of sleep, its importance for wellbeing, and the impact that sleep deprivation can have on both children and families.

Sleep physiology, uncovering the unique sensory challenges faced by ALN children, and identifying practical strategies to address them.

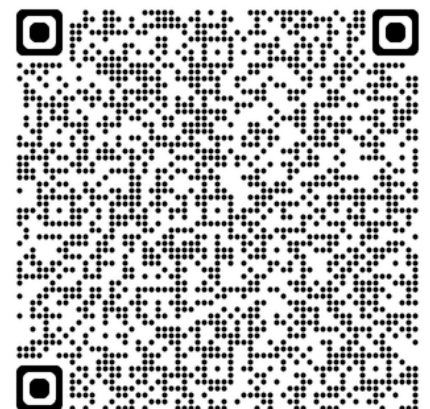
**Location:** Online via Microsoft Teams

Meeting link will be emailed to attendees the week before.

**On:** Thursday 27th March 2025

**Time:** 10am-4pm

The session is free of charge but please book a place via Eventbrite using the QR code or this link:



<https://www.eventbrite.co.uk/e/sleep-and-children-with-additional-learning-needs-tickets-1219394885929>