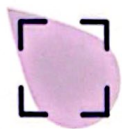


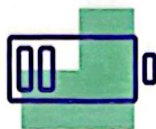
Need help with your child's sleep?

Sleep challenges can affect the whole family but **support is available.**

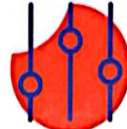
Does your child:



Struggle to **concentrate**
or **stay focused**



Appear **very tired**
during the school day



Have difficulty
regulating emotions



Display challenging
behaviour or **low mood**

You are not alone

Many families experience sleep difficulties at some point. Getting the **right support** can make a big difference to your child's wellbeing – and yours too.

Our experienced sleep practitioners provide guidance and support tailored to your child and family. We aim to help you:

- **Build healthy sleep routines**
- **Understand what may be affecting your child's sleep**
- **Feel more confident managing sleep challenges**

Get in touch
Scan the QR code
to complete a short
form and one of our
experienced sleep
practitioners will be
in touch.



Or contact us on
info@thesleepcharity.org.uk

