



## Helping parents' to solve their children's sleep problems Millpond's workshop for professionals in the community

### 9.15 am Start

Introduction, ground rules and aims for the day

### The Mystery of Sleep; why we need sleep:

- The impact of sleep deprivation on adults and children
- What factors affect children's sleep

### Paediatric Disorders:

- How certain disorders can impact on children's sleep

### Understanding Sleep:

- Children's sleep needs
- Evolving sleep patterns
- Sleep cycles

### How to Improve Children's Sleep / Sleep Solutions:

- Inappropriate sleep association
- Anxiety and sleep
- Bedtime routines
- Gradual retreat – child in a bed
- Positive rewards

### Case Study 1:

- Case study group work assessing a sleep problem and planning a programme
- Using sleep assessment tools
- Feedback from case study

### Sleep Solutions Continued:

- Gradual retreat – child in a cot
- Controlled crying
- Night feeds
- Naps

### Case Study 2:

- Case study group work; assessing a sleep problem and planning a programme
- Using sleep assessment tools
- Feedback from case study

### Resetting A Child's Body Clock:

- Early rising
- Magic lamp

### Owls and Larks:

- Early sleep phase
- Late sleep phase

### Things That Go Bump In The Night:

- Nightmares
- Night terrors

### Conclude