



**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