

# Are the Sleep Success workshops for you?

If you have a child aged **1 – 19 years** of age where 'sleep' is an issue – YES

## Tips to try at home to help improve sleep

1. No sugar or caffeine after 4pm
2. Eat 'sleepy foods' including cheese, cherries and bananas
3. Close curtains and dim lights early. Try to make a quiet and relaxing environment 1 hour before bed
4. No computers/ phones or T.V 1 hour before bed
5. Relaxing activities with your child 1 hour before bed such as reading, drawing or fine motor activities.
6. Warm baths and warm PJ's
7. Stick to the same routine every night
8. Keep 'bedrooms' neutral colours and a relaxing space



## What is a 'sleep issue'?

- Difficulties getting to sleep at night
- Difficulties following a routine at night
- Waking throughout the night
- Not able to self-settle
- Not feeling 'tired'
- Difficulties managing behaviour impacting on sleep
- Anxiety
- Medical conditions impacting sleep
- Challenging behaviours

## How can the workshop help?

- It is a safe environment to discuss your own personal 'sleep issues'
- Experienced practitioners who are there to support and guide you. We DO NOT judge!
- Tips and advice to support you to make changes
- Tried and tested strategies to use with your child. We DON'T promote leaving your child to cry
- Workshops are fun, welcoming and relaxing for everyone
- 'inclusive' we can offer support to ALL families including children with additional needs

contact Byker Sands Centre on 0191 275 9636 to sign up to the  
sleep success workshop  
national sleep helpline 03303 530 541



**BARNARDOS**

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# 2024 Timetable July-August

| who   | Date                                 | Time              | Where              |
|---|--------------------------------------|-------------------|--------------------|
| Primary age children<br>4 – 11-year-olds &<br>Toddler 1 – 3 years | Wednesday 31st<br>July               | 10:00am – 12:00pm | Byker Sands Centre |
| Primary age children<br>4 – 11-year-olds &<br>Toddler 1 – 3 years | Wednesday 28 <sup>th</sup><br>August | 10:00am – 12:00pm | Byker Sands Centre |

All Workshops are drop-in sessions. There is no need to book!

children & families  
NEWCASTLE



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