



## DOES YOUR CHILD ATTEND GREAT NORTH CHILDREN'S HOSPITAL?

### **COME ALONG TO OUR FREE ONLINE BEHAVIOUR & SLEEP WORKSHOPS!**

Join our Senior Parent Adviser Shona and meet other parents to share experiences and get advice at our friendly workshops.

#### **Managing your child's sleep**

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Explore how you can support your child's sleep and learn how to introduce a sleep routine

#### **Encouraging positive behaviour**

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Understand the reasons for behaviour and find out how to encourage positive behaviour

Please see overleaf for details

**contact** *For families  
with disabled children*

# ONLINE WORKSHOP DATES

Tuesday 25 January, 10.00am-1.00pm

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## MANAGING YOUR CHILD'S SLEEP

- The importance of sleep and why sleep problems may occur
- How to introduce a sleep routine
- Top tips to help

[For further information and to register see Eventbrite](#)

Tuesday 15 February, 10.00am-12.00pm

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## ENCOURAGING POSITIVE BEHAVIOUR

- Understand the reasons for behaviour
- Working with others to encourage positive behaviour
- Top tips to help

[For further information and to register see Eventbrite](#)

Any questions please contact [training.admin@contact.org.uk](mailto:training.admin@contact.org.uk)

## CONTACT'S WORK IN HOSPITALS

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We help parents of children with disabilities and special educational needs who attend hospital with their most pressing issues.

We are here to offer specialist support in sleep and behaviour.

We guide families through services, help them find local support groups, signpost to local organisations, and offer a listening ear during stressful times. We are here for you.

[contact.org.uk](http://contact.org.uk)

*"You can't pour from an empty cup... look after yourself as well."*

**Parent carer**