

Sleep and Children with Additional Learning Needs Workshop



Join The Sleep Charity for an insightful webinar led by sleep specialist Helen Rutherford. For parents/carers & professionals.

Please make alternative arrangements for childcare during the workshop. As the session is for **adults only**.

This session is designed to empower parents and caregivers with the knowledge and tools to support better sleep for children with ALN.

Includes information on:

The science of sleep, its importance for wellbeing, and the impact that sleep deprivation can have on both children and families.

Sleep physiology, uncovering the unique sensory challenges faced by ALN children, and identifying practical strategies to address them.

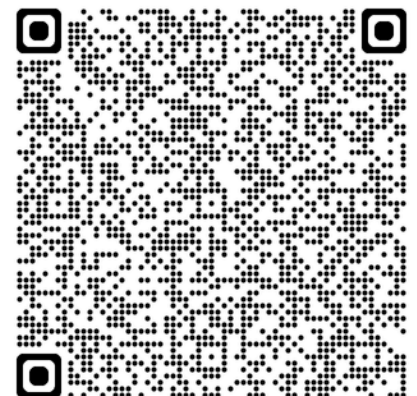
Location: Online via Microsoft Teams

Meeting link will be emailed to attendees the week before.

On: Thursday 13th March 2025

Time: 10am-4pm

The session is free of charge but please book a place via Eventbrite using the QR code or this link:



<https://www.eventbrite.co.uk/e/sleep-and-children-with-additional-learning-needs-tickets-1219377824899>

Gweithdy Cysgu a Phlant ag Anghenion Dysgu Ychwanegol

Ymunwch â'r elusen cwsg am weminar craff dan arweiniad yr arbenigwr cwsg Helen Rutherford. Ar gyfer rhieni/gofalwyr a gweithwyr proffesiynol.

Gwnewch drefniadau eraill ar gyfer gofal plant yn ystod y gweithdy gan fod y sesiwn hon ar gyfer oedolion yn unig.

Mae'r sesiwn hon wedi'i chynllunio i rymuso rhieni a rhoddwyr gofal gyda'r wybodaeth a'r offer i gefnogi gwell cwsg i blant ag ADY.

Yn cynnwys gwybodaeth am:

Gwyddoniaeth cwsg, ei phwysigrwydd ar gyfer lles, a'r effaith y gall amddifadedd cwsg ei chael ar blant a theuluoedd.

Ffisioleg cysgu, datgelu'r heriau synhwyraidd unigryw sy'n wynebu plant ADY, a nodi strategaethau ymarferol i fynd i'r afael â nhw.

Lleoliad: Ar-lein trwy Microsoft Teams

Bydd cyswllt cyfarfod yn cael ei anfon drwy e-bost at fynychwyr yr wythnos flaenorol.

Ar: Dydd Iau 13 Mawrth 2025

Amser: 10yb-4yp

Mae'r sesiwn yn rhad ac am ddim ond dylech gadw lle drwy Eventbrite gan ddefnyddio'r cod QR neu'r ddolen hon:



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