ASD Family Help



MARCH 2023

Full Course delivered over 2 dates.

SLEEP MATTERS



Learn about:

- The stages of sleep & the sleep cycle
- Sleep issues, triggers & sleep associations
- Sleep strategies, tips & ideas
- Sleep diaries & sleep routines

This course is for parents, carers with an interest in sleep difficulties in children/young people with ALN.

To book visit: https://www.eventbrite.co.uk/e/458599211587

2 dates to be attended:
9th March: 9.45am - 12.00pm
16th March: 9.45am - 12.00pm

Training delivered by practitioners trained by The Sleep Charity

Venue:

Pennar Flying Start Centre, Cross Park. SA72 6SW

Cronfa Gymunedol Comic Relief yng Nghymru

Cefnogi Trydydd Sector Cymru
Third Sector Support Wales

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Comic Relief Community Fund in Wales

ASD Family Help

MAWRTH 2023

Cwrs Llawn wedi'i gyflwyno dros 2 ddyddiad.



CWSG YN BWYSIG



Dysgu am:

- Camau cwsg a'r cylch cysgu
- Materion cysgu, sbardunau a chymdeithasau cysgu
- Strategaethau cysgu, awgrymiadau a syniadau
- Dyddiaduron cwsg a threfn cysgu

Mae'r cwrs hwn ar gyfer rhieni, gofalwyr sydd â diddordeb mewn anawsterau cysgu ymhlith plant/pobl ifanc ag ADY.

I archebu ewch i: https://www.eventbrite.co.uk/e/458599211587

2 ddyddiad i'w mynychu:
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Hyfforddiant a ddarperir gan ymarferwyr wedi'u hyfforddi gan The Sleep Charity

the sleep charity

Lleoliad:

Canolfan Dechrau'n Deg Pennar, Cross Park. SA72 6SW

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