

The Sleep Clinic

Registered charity, started in Doncaster, been operating as a Pilot in Scarborough, Whitby, and Ryedale for past year, now operating countywide.

Do not work with babies under 12 months but open to other young people up to aged 19 or 25 if YP has Special Needs.

Referrals can come from anyone but will need to speak with parents/carers to complete Triage and determine level of need.

Once completed Triage with child/parents will offer one of 3 services:-

Complex Cases: - will be offered 1/1 support through video call lasting up to an hour and be over a 12-week period. Various strategies will be suggested and worked upon. After the 12 week period is completed, follow up support where required will be offered.

Intermediate Cases: -will be offered workshops, this will be for 2 sessions over a 2 week period each lasting 1.5 hours long. Parents will be provided with a workbook, which they will be asked to work through and then will be offered follow up sessions over a 4 week period.

General Information and Advice: - this will be done through E Learning and professionals can also register to complete the course if they wish and use it in their professional practice.

Foundation Workshop

Materials are delivered entirely online through our e-learning portal. You will need to allow approximately one hour to complete the viewing of the materials plus additional time for exercises. A downloadable workbook is provided.

We offer the course to parents/carers in areas where we are able to provide further support through our Sleep Practitioners. Some families find that the information provided is enough to be able to make the necessary changes where others need more specialist support.

The modules covered include:

- An introduction to The Sleep Charity
- The Importance of Sleep
- Sleep Physiology
- Causes of Sleep Issues
- Identifying Causes of Sleep Issues
- Good Sleep Practice

Learning Outcomes

At the end of this course you will be able to:

- Recognise the importance of sleep for wellbeing
- Identify possible reasons for children's sleep issues
- Use some of the practical suggestions outlined

This is online training which takes approx. 1 hour to do and you can complete it at your leisure within 4 weeks

Families/professionals can best contact the clinic through E-mail:-

support@thesleepcharity.org.uk

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