



Domain 3

## SLEEP CHALLENGES IN CHILDREN

### SEF areas

We ensure that staff understand how neurodiverse needs can impact a child's behaviour and ability to learn.

We are confident that staff understand the challenges that can exist at home for neurodiverse children that impact their ability to engage well in school. e.g. the impact of reduced sleep and have strategies in place to support this.

### Date and Venue

**28 January 2026**

**10:00-11:30**

Online

### Who

Parents

Teachers

Learning support assistants

### Offer details

A child who does not sleep well can affect the whole family. Disabled children, and those with certain medical conditions, are more likely to experience problems with sleeping.

These session will discuss some of the common issues and strategies that can be used to support your child or young person.

There will be an opportunity to discuss your personal challenges around sleep and come up with an action plan.

### Hour allocation

1 hour

Booking

<https://shorturl.at/B7Q12>

