



FamilyHubDerby

Stronger families through support & friendship



StartforLife

Sleep and Sensory Processing

for parents\carers of children aged 0-19
who are or may be neurodiverse.

To sleep well, we need to feel calm, safe, and comfortable. Children and young people with sensory differences are often in a heightened state of anxiety and overwhelm before they settle, and then discomfort can stop them sleeping (and wake them up!).

Nickie will explain how sensory differences affect sleep
and how you can help.

Friday 6 June, 12:30-3pm

Becket Family Hub, 35 Stockbrook Street, Derby DE22 3WR

To book your place:

Call - Jess on 01332 208175

Text - 07812 301430

MackworthMorleyFamilyHub@derby.gov.uk

For more information

click on the video link below:

[Introduction to sleep workshops - Neurodiverse/SEND](#)



Please scan for
further information



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Community Action

