



ST HELENS
CARES

thesleepcharity.org.uk

**Does your child suffer with sleep issues?
Do you struggle with your child's bedtime?
Will your child not sleep in their own bed?**

**Help is at hand from The Sleep Charity and thanks to funding from
St Helens Children's Commissioning.**

Why not book on our Foundation Sleep Workshop?

Free training that provides you with knowledge around sleep, some of the common reasons for poor sleep and how you can help to improve sleep

To book, please contact brian@thesleepcharity.org.uk

Call our National Sleep Helpline – 03303 530 541

And speak to one of our friendly, trained sleep advisors who can offer some practical advice

Teen Sleep Hub – teensleephub.org.uk

If you're looking for support for a child aged 13 upwards, visit our dedicated website for young people packed with information for both you and them to read and watch!

The Sleep Charity website – thesleepcharity.org.uk

A useful resource with helpful information and support including advice sheets and leaflets

For more information on the local St Helens Sleep pathway and accessing support, or for any concerns you may have regarding your child's sleep patterns, then please contact your health visitor, school nurse, early help worker or children's centre.



Children's information support available here:
<https://thesleepcharity.org.uk/information-support/children/>

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

