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**The only charity registered  
in England and Wales  
dedicated to children's sleep**

Reg Charity No: 1150585

## Doncaster Sleep Service

### Parents and Carers

**We offer:**

- One to one sleep clinic appointments to support your child to get a better night's sleep
- Sleep workshops where you can meet other parents and learn more about helpful strategies
- Drop in sessions where you can meet a sleep practitioner for informal advice

*Your child must be registered with a Doncaster GP or live within the Borough and be over 12 months of age*

### Practitioners

**We offer:**

- Accredited sleep workshops for Doncaster Practitioners who would benefit from understanding more about common sleep problems, to enable you to offer support and advice to parents/carers, as part of your daily work.

Over 40% of children experience sleep issues  
 Our sleep service has been established in Doncaster for over 2 years  
 Most sleep issues are resolved with our support within 5 weeks  
 Our practitioners are trained to offer specialist support for children with SEND

For dates, venues and to book an appointment,  
 please contact the Children Sleep Charity  
 on 07912 667676  
 or email: [office@thechildrenssleepcharity.org.uk](mailto:office@thechildrenssleepcharity.org.uk)

Funded by   
 Doncaster  
 Clinical Commissioning Group



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