

KOALA'S SLEEP SERVICE COULD HELP YOU IF...

- Your child is between the age of 12 months and 11 years
- Your child has difficulty settling at the start of the night
- Your child wakes throughout the night
- Your child wakes early to start the day
- Day time tiredness is having a negative impact.

We understand how difficult life can be when your child has a sleep issue.

Our aim is to support families to get a better night's sleep by offering one to one support through our sleep clinic and/or in your own home.

CONTACT US

Contact us if you think Koala NW's Sleep Service might be what you and your family are looking for.



KOALA NORTH WEST

☎ 0151 608 8288

🌐 koalanw.co.uk

✉ admin@koalanw.co.uk

📘 [KoalaNorthWest](https://www.facebook.com/KoalaNorthWest)

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Registered Charity Number: 1139517 Company Number: 7314767



KOALA SLEEP SERVICE



**Supporting families to encourage their children to get a good night's sleep
*Aged 1 to 11 year olds***

SLEEP DEPRIVATION CAN HAVE A HUGE IMPACT ON FAMILIES AND CAN AFFECT EVERYONE IN THE HOUSEHOLD

“You won’t believe it, all 4 children slept all night, I woke up with a fright as it was morning and I hadn’t been disturbed!”

Sleep problems are very common, but more likely to occur among children with additional needs. Research has suggested that as many as 86% of children with additional needs have sleep problems.

In typically developing children sleep problems and insufficient sleep result in daytime sleepiness, learning problems and behavioural issues such as hyperactivity, inattentiveness and aggression.

When a child is having sleep issues it can impact on all areas of their development including their emotional, physical and mental health.

“It was amazing, I moved the times forward as they hadn’t napped and he slept 13 1/2 hours for the first time in six months, thanks so much.”

WHAT WE CAN OFFER...

One of our Sleep Practitioners will:

- Carry out a sleep assessment
- Provide you with information and the tools to improve sleep routines
- Weekly support for 6 weeks to support your child’s journey

Our accredited Sleep Practitioners are trained and experienced in supporting families with children who are experiencing poor sleep routines.

We use a behavioural approach to sleep, which does not include controlled crying.

We believe in working in partnership with families and offer a gentle approach to making lasting changes to your child’s sleep patterns. You are the expert on your child and we work alongside you to support positive sleep outcomes.

Our work is based on the latest research.

ALL YOU HAVE TO DO IS ASK

If you would like our support you can:

Contact us for further information by calling us on 0151 608 8288

OR

You can ask somebody to call on your behalf e.g. health visitor, school, nursery, family support worker etc.

For further information or to make a referral, call 0151 608 8288

WHAT WILL HAPPEN NEXT?

Once we hear that you want our support, one of our Sleep Practitioners will arrange to visit you and talk to you about what we need and what we can offer:

- Support at our Sleep Clinic
- Home visits
- The opportunity to meet other parents experiencing similar difficulties at our five week workshops.