



Sleep Counselling Intervention

Parenting a child with additional needs and sleep issues can be emotionally and physically exhausting. We are here to help!

Intervention 1

(light touch)

Sleep Clinics that offer general information, advice, guidance and generic strategies for families - offered to parents/carers in small groups of 4-6, for up to 90mins.

Minimum cost/ charge per clinic: £400

Intervention 2

(medium touch)

Sleep Training workshops that offer parents and professionals a more in depth understanding of sleep problems and the strategies to put theory into practice and to address issues that may prevail - offered in groups of 6 - 10, for up to 3.5hrs - £100 per delegate.

Minimum cost/charge per workshop £650

Intervention 4

(long-term Intensive)

Sleep Counselling that offers 1:1 intensive evidence based interventions with families suffering on-going and long term sleep problems. Hands on and in the family home - cost per child £1,750 includes 2hr consultation/assessment, implementation of a sleep diary, detailed sleep plan with various strategies to implement, a minimum 8-10 weeks of counselling intervention and support with one of our trained sleep counsellors.

Intervention 3

(short-term Intensive)

Online only Sleep Support - 1:1 online support with parents and carers to identify a sleep plan, specific to their child and family life. Package includes: 1.5hr consultation/assessment, development of a tailored sleep plan, and up to two weeks of flexible support as each family implements the agreed strategies - cost £350 per child - this is an on-line, telephone and email programme with one of our trained sleep counsellors.

