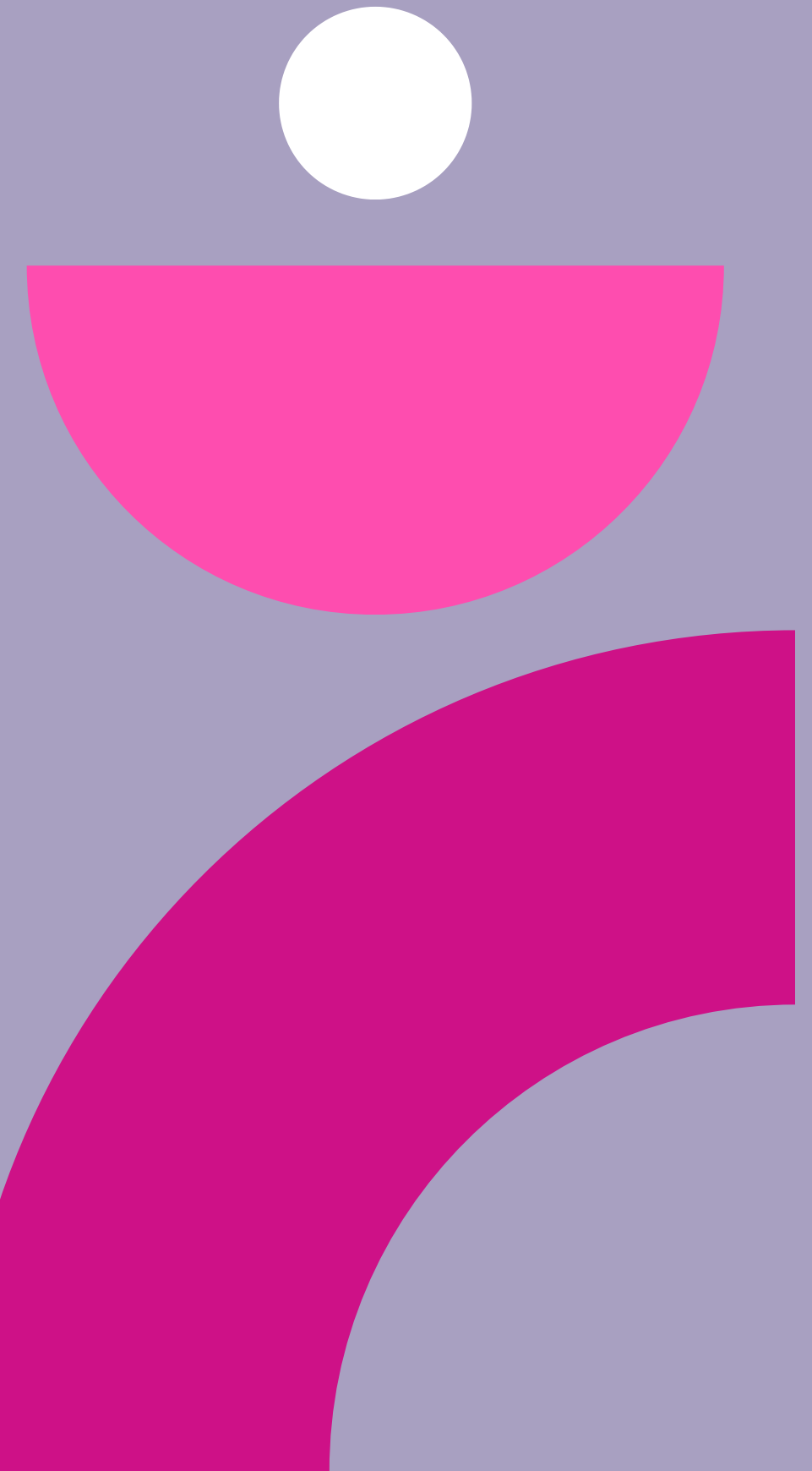




Sleep Practitioner Service

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Sleep Practitioner

SERVICE OUTLINE

Sleep deprivation can affect children in different ways to adults. This is why we offer a dedicated paediatric service to help children/young people struggling to get a good night's sleep on a regular basis.

Lack of sleep can impact not only on the child/young person, but also on their parent(s)/carers. This can lead to detrimental impacts on physical, emotional, and mental health.

The service provides a behavioural approach to improving your child/young person's sleep. Our specialist Sleep Practitioner will guide and support families to make the necessary changes for new patterns to be formed. They will listen to the needs of your family and help you achieve a bedtime routine to improve your child/young person's sleep pattern, and sees they feel healthier and happier.

Fees

Please refer to our Fees and Services document.



Packages available

- Essential Sleep Service
- Intermediate Sleep Service
- Complete Sleep Service

Each package takes into careful consideration the individual including sensory needs, fear and anxiety at bedtimes, attachment difficulties, special educational needs and nocturnal Enuresis (bed wetting).

Who is the service suitable for?

This service is designed for children/young people who are struggling to get a good night's sleep and are suffering from sleep deprivation. We see children aged 12-months up through to young adults aged 25.

How is the service offered?

Sleep Practitioner sessions are available:

- Face-to-face consultations during a home visit or at [TCT's Westbourne clinic](#). The full address, along with directions and clinic opening hours, can be found [on our website](#).
- Online

NB: For the Intermediate Sleep Service or Complete Sleep service, a regular phone call is part of the programme. Communication can be by email if preferable.

Sleep Service Package outlines

Essential Sleep Service	Intermediate Sleep Service	Complete Sleep Service
60 min consultation: online or face-to-face	90 min consultation: online or face-to-face	60 min consultation: online or face-to-face. Plus, a 60 min home visit to meet baby/child/young person, and see their sleep setting/bedroom
Email with suggestions/support for child.	Sleep Programme: a short-written report providing practical strategies and advice for going forward	Sleep Programme written plus report providing clear strategies and advice going forward. Sleep Programme min. duration of 5-weeks
	Once start date agreed, phone calls offering support and additional guidance held twice weekly for first 2 weeks. (Max call length 10 mins each. Email facility if preferred.)	Once start date agreed, daily phone calls offering support and additional guidance held for the first 14 days. (Max call length 10 mins each. Email facility if preferred.)
		Additional follow up with advice and support for the remaining 3-weeks of programme via twice weekly calls. Maximum call length 15-mins (contact via email if preferred)

For all options below, sleep forms to be completed by the family prior to initial appointment. For fees, please refer to the TCT Fees & Services document.

About Cathy Darby

The Sleep Practitioner Service is delivered by Cathy Darby. In 2022 Cathy became a qualified Sleep Practitioner who has undergone intense training with The Sleep Charity. Cathy has full access to the Sleep Charity's resources and consultation services. She has had many successes working with parents and children to help introduce better sleep patterns which enables families to get a better night's sleep. Cathy offers a variety of bespoke support packages.

Cathy is a very successful practitioner in Early Years and Primary Phase educational support. She is a member of The British Psychological Society and qualified from the Open University with an honours degree in Psychology in 2017. Cathy has extensive experience gained by working in a variety of educational settings for 25 years supporting children with Special Educational Needs and Disabilities and their families. Cathy has also been a Deputy Special Educational Needs and Disability Co-ordinator and has been a Designated Deputy Safeguarding Lead.

Cathy supports children with bespoke programmes through her 'Pick and Mix' Service to aid many areas of early development. She has had many successes advancing children's reading, writing and maths ability in short periods of time. Cathy supports children with low level anxiety and helps them to understand and develop their emotional literacy. She helps to develop their confidence, self-esteem and enhance their social communication skills which can in turn help children to form and develop friendships.

All of her programmes are delivered in a fun and interactive manner which are designed for the individual needs of each child. Cathy takes a child centred approach when supporting children and whilst doing so ensures that her work is joined up with parents/carers and schools so that support can be maximised and the child feels fully supported.

Cathy combines her many years of experience to work with children, parents and outside agencies in a passionate and friendly way to support the needs of her families that consistently produces results. You can download a 'child-friendly' description of Cathy [here](#).



 FOR FURTHER DETAILS OR TO MAKE A BOOKING

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