

TOGETHER
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charity

Sleep Tight Bradford District and Craven

Providing help for parents of children, aged
2-11 years old who are experiencing sleep difficulties.



In partnership with:

Bradford District and Craven
Health and Care Partnership



Registered charity number 209782



If you're a parent or carer living in the Bradford District or Craven areas, we are here to help you with your child's sleep.

Sleep Tight Bradford District and Craven provides **specialist one-to-one sleep clinics** for parents of children, aged 2 - 11 years old who are experiencing sleep difficulties. Our sleep practitioners work with you to create a personalised sleep plan for your child so everyone can get a good night's sleep.

We've also got loads of information and advice on our website to support you and your family.

Who can book an appointment?

Our one-to-one clinics are for parents and carers of children aged 2 - 11 years old who are experiencing sleep difficulties and who live in Bradford or Craven districts.

If English is an additional language, we may be able to offer you a translation service.

If you're a care professional looking for training, please get in touch with us:

admintss@togethertrust.org.uk

Where/when do appointments take place?

Clinic appointments take place throughout the year and you can self-refer for an appointment at any time. Appointments take place on Zoom or by phone. You can state your preference when you refer.

How do I book an appointment?

Fill in our online referral form

If for any reason you are unable to fill in our online enquiry form, please email

admintss@togethertrust.org.uk



How long do appointments last?

Appointments last up to one hour.



Does my child need to attend the appointment?

No, you don't need to bring your child to the appointment. Our sleep practitioners work with you to discuss your child's needs and habits and create a personalised sleep plan for you to take away.

What happens during/after an appointment?

At your appointment, we'll look at some of the factors that affect children's sleep and look at strategies that can help your child to sleep well. Following your appointment, you will be given a personalised sleep programme for your child and we will arrange follow-up contact to discuss how things are progressing.

Is there a cost for this service?

No, there is no cost to access Sleep Tight Bradford District and Craven services.



togethertrust.org.uk/sleep-tight-bradford-and-craven