



Dacorum Family Services

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Tring Family Services

Samantha Lindars - School Family Worker s.lindars@hobbshillwood.herts.sch.uk

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Dear parent or carer,

I am the local School Family Worker and I work in all the schools in Tring to support parents and children and the schools.

I'm writing to you as I am aware that for many parents sleep is a big issue. Particularly for children with ASD or ADHD (diagnosed or not).

We all know the value and importance of sleep, both mentally and physically, and the impact it can have on our daily life.

I would like to set up a sleep session in Tring with ADDvance coaches to support parents and carers in helping their children and young people with any sleep issues.

This will be a specialist session that will be building on existing parent skills in supporting children and young people to sleep well. The session will be free to parents and will last around 2 hours.

However, in order to book in the session I need 20 parents to come along!

Therefore please make contact with me if you are interested in a sleep session. Once I have enough parents I will then book it in!

Regards,

Samantha Lindars - School Family Worker
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