

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Sleep difficulties in children and young people

## Support services

### Local support services

#### Early Help Unit

Nottinghamshire central support service to all families. This service can provide information and advice to all families within the county with or without a diagnosis.

Telephone: 0115 8041248

Email: [early.help@nottscc.gov.uk](mailto:early.help@nottscc.gov.uk)

If an early help referral for support is needed this must be completed online by a professional this can be your child's teacher

#### Healthy Families Team

Deliver the Healthy Families Programme - an integrated service for children, young people and families which brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme and the National Childhood Measurement Programme.

Website: <https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Parents can ring directly to access support around continence and toileting issues. The team also provide access to bed alarms:

Advice Line: 0300 123 3387 and pick option 4.

### National Services

#### NHS Choices

The NHS choices website has information about sleep including strategies for children's sleep.

Website: <https://www.nhs.uk/Livewell/Childrenssleep>

#### Sleep Charity

A national award-winning charity supporting children with sleep issues. They provide support for families and accredited training for professionals and commercial organisations.

Website: [www.thechildrenssleepcharity.org.uk/](http://www.thechildrenssleepcharity.org.uk/)

## **Children's Centre**

Children under the age of 5 years – sleep tight workshop offered by local children's centre

Website: <https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service>

## **Children with specific disabilities**

### **National Autism Society**

Support and advice for families and young people with Autism Spectrum Disorder.

Website: <http://www.autism.org.uk/about/health/sleep.aspx>

### **Scope**

Scope is a charity for people with additional needs.

Website: [www.scope.org.uk/support/families/sleep/routine](http://www.scope.org.uk/support/families/sleep/routine)

### **Cerebra**

A sleep service for children with neurological and developmental conditions.

Website: <https://www.cerebra.org.uk/help-and-information/sleep-service/>

### **Contact a Family**

A charity for families with disabled children, which also provides information and advice around sleep.

Websites: <https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/helping-you-and-your-child-sleep/>

[https://contact.org.uk/media/1174580/helping\\_your\\_child\\_sleep.pdf](https://contact.org.uk/media/1174580/helping_your_child_sleep.pdf) (specific leaflet)

### **Council for Disabled Children**

This organisation for disabled children provide the Early Support Sleep guide with information and advice around sleep.

Website: <https://councilfordisabledchildren.org.uk/sites/default/files/uploads/files/earlysupportsleepfinal2.pdf>

### **The National Deaf Children's Society**

Providing information on helping your deaf child to sleep.

Website: <https://www.ndcs.org.uk/information-and-support/parenting-and-family-life/parenting-a-deaf-child/helping-your-child-sleep/>

## **Information services**

Families can contact the information service below to access additional resources around sleep.

### **Library and Knowledge Service, King's Mill Hospital**

Online link to catalogue of books and resources:

<https://koha.healthlibrariesmidlands.nhs.uk/> - click on 'All libraries' on the right hand side and select King's Mill Hospital.

Telephone: 01623 622515, extension 4009

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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