

Children and Family Health Surrey

Sleep Pathway

Sleep Assessment Tool supporting conversations

21st of September

Lisa Draghi

Teacher / Sleep Counsellor

Pauline Bigwood

Clinical Transformation Manager



Sleep Pathway for children

A child's journey to gain support with Sleep Difficulties

Access to support:

- Child health Drop In
- Advice Line 0-19
- Advice Line Mindworks
- Health Visiting
- School Nurse
- Therapies
- Family Centre
- Early Years
- Voluntary sector

Guided Support:

- CFHS webpage [Sleep :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://childrenshealthsurrey.nhs.uk)
- Parent video
- [Mind works](#)

National Links:

- [Home - The Sleep Charity](#)
- [Home - Sleep Scotland](#)
- [Home - Teen Sleep Hub](#)
- [Sleep Advice Service – Cerebra](#)
- [Sleep and young children - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Following Identification of support



- Coaching/ personalised support via package of care from health visiting or school nursing team, Community Health Early Support (under 5 years) which may include sleep diary, sleep hygiene advice.
- Referral /working together with partner agencies: Early Years Settings, Family centre, Voluntary - Home Start
- Family/child health needs assessment, ASQSE-2
- Referral to: GP, ENT via GP, Developmental Paediatrician – e.g., neuro diversity, sensory

Children with Additional Needs & Learning Disabilities

- [Developmental Paediatricians](#)
- [Community Children's Nursing team](#) (where currently known to team and children with Downs syndrome)
- [Mindworks Learning Disability team](#)
- [Occupational Therapy services](#)
- [Physiotherapy services](#)
- [Mindworks– 6 years plus and ASD /ADHD](#)
- [Special school nursing team 5-19 years](#)
- [School Nursing Team](#)
- Some Surrey Severe Learning Disability Specialist Schools provide sleep service: sleep counsellor, sleep workshops with access to a sleep library resource



Surrey Support Services

Hello!

Welcome to Mindworks Surrey, the new emotional wellbeing and mental health service for children and young people in Surrey.



Website including sleep guidance.

Out of hours advice line for parents, open 5-11pm Mon-Sun. For children with ASD and ADHD, 6+. <https://www.mindworks-surrey.org/our-services/neurodevelopmental-services/out-hours-advice-line>.

Please call 0300 222 5755

Childrenshealthissurrey.nhs.uk



You are here: [Home](#) > [For Families](#) > [Advice Line](#)

Families with children from birth to 19 years old can call our Surrey-wide 0-19 Advice Line on **01883 340 922**

The Advice Line is available from 8am to 5pm, Monday to Friday (excluding bank holidays) and provides support on all aspects of child health, development and parenting.

Families with children from birth to 19 years old can call Surrey-wide 0-19 Advice Line **01883 340 922** Available from 8am to 5pm, Monday to Friday (excluding bank holidays) providing support on all aspects of child health, development and parenting.

[Advice Line :: Children and Family Health Surrey \(childrenshealthissurrey.nhs.uk\)](http://Advice Line :: Children and Family Health Surrey (childrenshealthissurrey.nhs.uk))



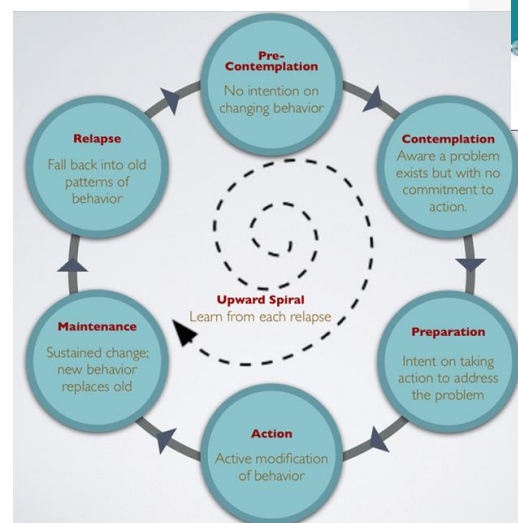
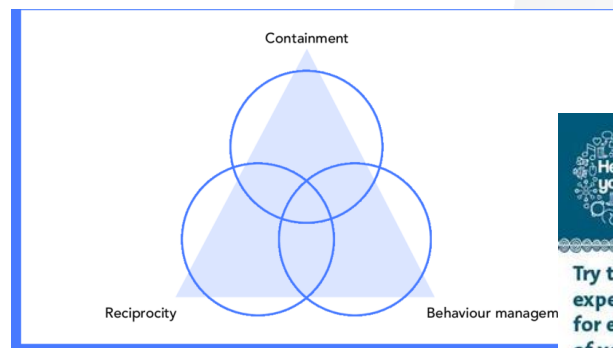
**Children and Family Health
Surrey**

Sleep Conversations

Reflection where are parents/carer: Solihull Approach) containment/ reciprocity/ behaviour change

Maybe coming to get a sense check but not ready to change behaviour

Consider motivational interviewing cycle of change pre contemplative, contemplative, or ready to change.



Potential of complex, emotive conversation

When supporting children and families with sleep concerns recognise complexity and consider:

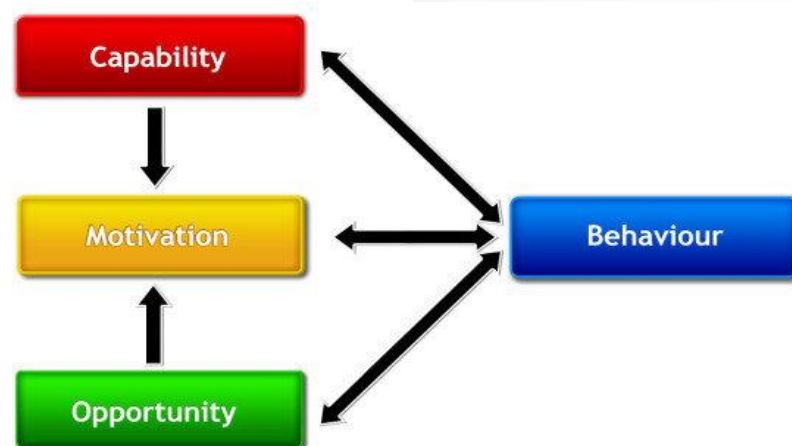
- other family members expectations and readiness to change
- complexity of causes
- housing
- financial concerns
- safeguarding?
- parental impact of sleep deprivation for work /parenting
- cultural differences



Choose the level of tailoring needed

- Families will need differing types and levels of support to make the change in their behaviour depending on their individual context
- Use the **COM-B** model to identify, which barriers and enablers will need to be considered to help make decisions about how to *tailor* support
- Consider whether families need support with factors relating to **Capability, Motivation and/or Opportunity** in order to change the target behaviour

To increase the consistency of parent/carer's use of "golden hour" as part of their everyday routine.



Sleep Assessment Tool/Aide Memoire

evidenced based practice
to support sleep
conversations for all
children and young people.



Assessment Sections

- Child /family details including health /medications/ school early years settings
- Overview sleep
- Parent and Family Life
- Bedroom and Home Environment
- Settling
- During the Night
- In the morning
- Routine
- Emotional health
- School
- Diet
- Activity
- Summary / Action plan agreed with parent/child



Examples questions to consider

- What do you see as being your child's sleep difficulty?
- Has anything changed at home to trigger the sleep difficulty or make it worse?
E.g. parental separation, moving home, new baby, bereavement etc.
- Do they have screens/digital devices in bedroom? When do they stop using them?
Turn off 1 hr before sleep and put on Do Not Disturb.
- Can your child self-settle?
Able to go to sleep by themselves
- Who supports your child back to sleep when they wake and what do they do?
Is this consistent? If the person changes does the child know before bedtime?
- How does your child appear to you on waking?
E.g. grumpy, sad, tired, happy, energetic



- Can you describe your child's evening routine from teatime through to getting into bed.

What do they eat/drink for teatime or evening snack?

Do they have a bath or shower?

Do you do any exercise in the 2 hours before bedtime?

- Is your child experiencing any anxiety or worries?

Are these specific to school, home, friendships, homework or generalised?

- Does your child enjoy school?
If not, have they told you/are you aware what they don't like about school?

- Does your child have any snacks before bed? If yes, what time and what do they have?

Avoid energy drinks/caffeine/sugary snacks/crisps/chocolate. Aim for low sugar cereal and milk, banana, cheese, cherries



CFHS Sleep Webpage



Sleep :: Children and Family Health Surrey (childrenshealthsurrey.nhs.uk)

Preview of new webpage formal launch Oct.

Inviting today's attendees to feedback

pauline.bigwood@nhs.net



[Home](#) [About Us](#) [For Families](#)



You are here: [Home](#) > [For Families](#) > [Sleep](#)

Sleep is vital for everyone and essential for children's growth and development. Sleep is important for our mental, emotional, and physical wellbeing. If your child or young person is struggling to sleep it can be exhausting for them and for the whole family. More than half of all children may have difficulties settling or sleeping at some point in childhood. Children with additional needs and learning disabilities can be more likely to experience sleep difficulties.

Sleep is a natural behaviour that everyone needs. And lots of important processes take place whilst we're sleeping. A lack of sleep can affect our wellbeing and can cause depression, anxiety and difficulties regulating our emotions.

Common difficulties can include:

- Finding it hard to settle when you go to bed
- Waking throughout the night
- Waking too early in the morning
- Not falling asleep until late
- Finding it difficult to get up in the morning
- Feeling tired in the day.

If you would like further support contact our health visiting or school nursing teams through our [advice line](#) or visit a [child health drop-in](#).

The sections below include our video guide and information, tips and advice on how to support your toddler, child and teenager including children with additional needs and learning disabilities with sleep.

Sleep and your baby

Visit the [sleep and your baby page](#).

Watch our video

Our sleep video gives advice, information and tips about supporting your toddler, child or teenager including those with additional needs and learning disabilities with sleep.

The 30 minute video includes what sleep is, what happens when we sleep, bedtime routine, common difficulties and approaches to try.

Video coming soon.

Bedtime routine and bedroom environment

Bedtime routine

