Waking up to Healthy Sleep

Online Course for parents who have a child or young person aged 3 -18 who live in the Wokingham Borough

*Please note parents with a child or young person who does not have a disability may attend this course if capacity allows

Is your child experiencing sleep problems?
We can support you to improve their sleep routine.

Dates: Wednesday 19th & 26th June & 3rd July 24

Time: 6.30 – 8pm

This will be delivered via Microsoft Teams so please download the app prior to the first session.
To book or for more information, please contact us via:

Email – First@wokingham.gov.uk

Our training is delivered by practitioners trained by The Sleep Charity & Southampton University Hospital Sleep Disorder Service

This is an interactive course and attendees are required to participate and attend all 3 sessions which include:
Understanding sleep cycles
Causes of sleep issues
Establishing appropriate routines
Identifying and managing sleep problems
Positive bedtimes

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WOKINGHAM BOROUGH COUNCIL