Waking up to Healthy Sleep

Online Course for Parents of Children and Young People with a disability aged 3 -18 who live in the Wokingham Borough

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

Thursday 13th, 20th & 27th January 2022

Times: 10am – 12 midday

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

Attendees are required to 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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