Waking up to Healthy Sleep

Face to face 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 help you to improve their sleep routine.

Dates: Thursday 5th, 12th & 19th October 2023
Time: 10am – 11.30am
At: Ambleside Centre
Woodley
RG5 4JJ

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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WOKINGHAM
BOROUGH COUNCIL