

# 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 19<sup>th</sup> & 26<sup>th</sup> June & 3<sup>rd</sup> 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](mailto: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  
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