

Sleep Matters

Face to face session for parents who live in the
Wokingham borough

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

**Is your child experiencing sleep problems?
Would you like to find out more about sleep?**

Join us for **Sleep Matters**

Tuesday 25th April 2023

Time: 9.30-11am

At South Lake Primary School

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 session will include:

- A brief overview of sleep cycles and the science of sleep
- The importance of sleep for health, learning and wellbeing
- How much sleep your children require
- Sleep routines / sleep cues / positive bedtimes & common sleep issues
- Information about our next informative and detailed Waking Up to Healthy Sleep Course

There will be time for questions at the end of the session



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**WOKINGHAM
BOROUGH COUNCIL**