

# 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.**

**Tuesday 20<sup>th</sup> & Friday 30<sup>th</sup> June & Tuesday 4<sup>th</sup> July 2023**

\*Please note change of day for session 2

**10am – 11.30am**

**The Ambleside Centre**

**Woodley**

**RG5 4JJ**

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

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**