

Waking up to Healthy Sleep

Online course for parents and carers who have a child or young person with a disability, autism or are on the pathway for an autism assessment, aged 3 -18 who live in the Wokingham Borough

*Please note parents / carers 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: Thursdays 24th September 1st, 8th & 15th October 2026

Time: 6.30pm – 8pm

This course will be delivered via Microsoft Teams, so please ensure you have downloaded the app before the first session
To book a place or for more information, please contact us:

Email – 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; attendees are required to participate and attend all 4 sessions which include:

Understanding sleep cycles & the science of sleep

The importance of sleep

Sleep routines & sleep cues

Common sleep issues, strategies, resources, the relationship between sleep and anxiety



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