

# 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: Tuesdays 17<sup>th</sup> 24<sup>th</sup> November &  
1<sup>st</sup> 8<sup>th</sup> December 2026  
Time: 10.30am – 11.30am**

**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](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; 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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**WOKINGHAM  
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