

Does your child struggle with their Sleep?

Free Sleep Tight Groups

Join us on one of our virtual or face-to-face groups which run for 5 weeks and:

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Our next groups start:

Sleep Tight SEND Monday 9th June 2025 from 12.45pm to 2.45pm

Virtually Via MS Teams

or

Sleep Tight Monday 16th June 2025 from 9.15am to 11.15am

Virtually via MS Teams

SEND groups are for parents/carers of children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

To book a place email Parenting.team@shropshire.gov.uk or call 01743 250950

Find out
more here

