

Helping your child get better sleep

**Course
Dates:** Friday
17th April

Times: 10:00am to 12:00pm

Location: Online

This workshop, led by two assistant educational psychologists from Swindon Borough Council, explores why good-quality sleep is so important for children's wellbeing, learning, and emotional regulation. We'll look at how sleep and stress affect the developing brain, common sleep difficulties, and what helps, including routines, environment, and reassurance. The session also shares practical, easy-to-use strategies you can try at home to support healthier sleep patterns.

By the end of the course, you will:

- improve your understanding of why good-quality sleep matters for your child's wellbeing and learning
- be more confident using simple strategies at home to support healthier sleep routines

To request a place on this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or www.swindon.gov.uk/adultlearning

* To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2025; have the right to reside in the UK; or be an asylum seeker and have applied for asylum more than 6 months ago; be unemployed, or working and earning less than £25,750 a year.

For more information about our eligibility criteria please visit our website www.swindon.gov.uk/adultlearning