Free Sleep Tight Groups

"It's been eye opening to see how many different things can affect children's sleep. I have learnt so much and now have new ideas to try out."

"I feel more confident in bedtime routines, and less alone in the fact my child struggles with sleep"

Join our friendly, relaxed group!

We all know how important a good night's sleep is for your child's growth and development. When children sleep well, it helps them do better at school, react more quickly, build stronger memories, and learn and solve problems more effectively. It can also help them stay healthier, feel less irritable, and manage their behaviour more positively.

There are many different factors that can affect your child's sleep, and it can sometimes feel hard to know where to start. Join us to learn more, share experiences, and pick up helpful tips to support your child in getting the rest they need.

Upcoming Sessions (once a week over 5 weeks, excl. half terms and bank holidays)

Sleep Tight Group, 13th January 2027 from 12.30pm to 2.30pm Virtual online via MS Teams

Sleep Tight Group, 14th January 2027 from 9.15am to 11.15am Crowmoor Primary School (SY2 5JJ)

Sleep Tight SEND Group, 24th February 2027 from 12.30pm to 2.30pm Virtual online via MS Teams

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

What We'll Talk About

- Benefits of good sleep for our health and emotional wellbeing
- Sleep and bedtime routines for the whole family
- Sleep diaries
- Nutrition and food and their impact on healthy sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Want to Join Us?

Email: parenting.team@shropshire.gov.uk

Call: 01743 250950

Visit: The Parenting Team | Shropshire Council