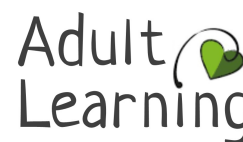


Adult Learning - Course Information Sheet



AFLP05 - Sleep For The Whole Family: Ages 0 To 4

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 07 October 2026
End Date: 21 October 2026
Start Time: 10:00AM
End Time: 12:00PM
Day: Wednesday
Sessions: 3
Tutor: Mrs Gelsomina Galdieri

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What will I learn?

Throughout this 3-week course (6 hours total), you will build a clear, compassionate, and evidence - informed understanding of baby and toddler sleep. You will learn what is developmentally typical for ages 0–4, unpack common sleep myths, and explore how sleep shifts from infancy through early childhood.

Key topics include:

- Understanding sleep biology and navigating sleep while breastfeeding.
- Managing attachment, separation anxiety, and bedtime resistance.
- Supporting smooth transitions into nursery or preschool.
- Handling daytime nap drops, night wakings, nightmares, and night terrors.

What will I need to take part?

You will need a device with internet access (laptop, tablet or smartphone), access to Google Classroom and Gmail email, a quiet space where you can listen, reflect and participate in discussions, and a notebook or journal for personal reflection or notes.

What to expect

A non-judgmental, supportive space respecting all parenting styles and feeding choices. Each 2 -hour session combines expert guidance, group discussion, real-life case examples, and practical strategies you can use straight away. Online handouts and resources are shared via Google Classroom. For IT support, visit <https://learners.northantsadultlearning.ac.uk/it-tips..>

Where can it lead to?

This course helps you create more restful nights and confident days. Beyond sleep, it supports your parenting journey by helping you:

- Respond confidently to your child's emotional cues and needs.
- Create flexible routines that ease bedtime stress and nursery/preschool transitions.
- Strengthen family connection while improving your own rest and wellbeing.
- Explore further adult learning workshops, such as Sleep for Primary & Secondary School Children or Sleep & The Neurodivergent Child.

Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- living in England, outside a devolved adult skills funding area.
- ordinarily resident in England on the first day of learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

