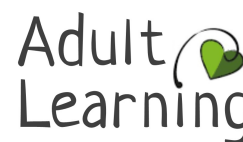


Adult Learning - Course Information Sheet



AFLP07 - Sleep For Children: Ages 5 - 19

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 09 October 2026
End Date: 26 October 2026
Start Time: 10:00AM
End Time: 12:00PM
Day: Friday
Sessions: 3
Tutor: Mrs Gelsomina Galdieri

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What will I learn?

Throughout this 3-week course (6 hours total), you will explore the evolving sleep needs of children and young people aged 5–19:

- How sleep architecture changes from childhood through adolescence, including shifting body clocks.
- Breaking the cycle: how school stress impacts sleep, and how poor sleep lowers stress resilience and academic performance.
- Practical strategies for screen boundaries, evening wind-down routines, and managing school term transitions.
- The combined role of sleep hygiene, balanced nutrition, and daily physical activity in regulating rest.
- Fostering family connection and open communication to support mental health and emotional wellbeing.

What will I need to take part?

An internet-connected device (laptop, tablet, or smartphone), access to Google Classroom and Gmail, a quiet space to join, and a notebook for personal reflection.

What to expect

A warm, collaborative, and non-judgmental environment for parents and caregivers. Each 2-hour session combines expert-led guidance, real-life case scenarios, and practical strategies you can implement right 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 empowers you to support your child's health, happiness, and academic journey. It helps you:

- Build stronger family connection and calmer household routines.
- Support your young person through key milestones, exam pressure, and adolescent transitions.
- Improve family wellbeing, emotional balance, and daily focus.
- Explore further adult learning workshops, such as Sleep & The Neurodivergent Child or Sleep for Study and Work.

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 to 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/>

