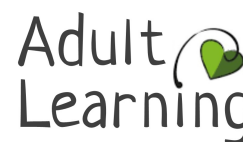


Adult Learning - Course Information Sheet



AUNM25 - Sleep Workshop 1-3 Years Old

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 02 October 2025
End Date: 23 October 2025
Start Time: 9:30AM
End Time: 11:00AM
Day: Thursday
Sessions: 4
Tutor: Mrs Gelsomina Galdieri

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What will I learn?

Throughout this course you will learn how to develop a clearer, more compassionate understanding of toddler sleep. You will learn what is developmentally typical for children aged 1 -3 years and explore how toddler sleep patterns naturally evolve after infancy. We will unpack the gap between expectations and reality, challenge common myths, and look at what children truly need for healthy rest.

You will gain insight into how attachment, separation anxiety, and power struggles can affect sleep, and learn how to set gentle, consistent boundaries that promote emotional safety at bedtime. The course will also cover how to manage daytime naps, navigate transitions and bedtime resistance, and respond to challenges such as night waking, 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

This is a non-judgmental space where all parenting styles are respected. You will leave feeling more informed, empowered and supported. Each session will combine expert-led guidance based on evidence-informed toddler sleep research, interactive discussion and Q&A with opportunities to share your experiences, real-life case examples to explore challenges and solutions, practical tools and strategies you can apply between sessions, supportive group learning with other parents and caregivers. You will receive online handouts, further reading suggestions and optional reflection activities each week. Tutors use Google Classroom to help make course resources available both during and between sessions. Please take advantage of joining your Classroom when invited to do so. For IT help please visit <https://learners.northantsadultlearning.ac.uk/it-tips>.

Where can it lead to?

This course is a valuable step toward creating more restful nights and emotionally connected days for both you and your toddler. The course can support your parenting journey beyond sleep by helping you to build confidence in reading and responding to your child's emotional needs, develop healthy boundaries and routines that reduce conflict and stress, strengthen attachment and connection through sleep and beyond, improve your own rest and wellbeing through realistic strategies, explore further parenting workshops or courses on topics such as toddler behaviours, emotional regulation, or transitions to nursery /school. Your tutor will also be able to advise you on suitable progression routes and next steps after your course.

Course eligibility and fees

This course is for residents of Northamptonshire aged 19+. Fees are payable on enrolment as published on the booking page. If you are in receipt of certain benefits or in employment and earning a low salary, you could be eligible for reduced fees. If you are not sure what support you are eligible for please phone our office between 10-4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

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/>

