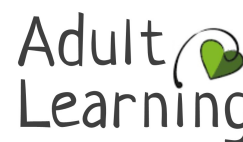


Adult Learning - Course Information Sheet



AUNM26 - Sleep Workshop Primary Age Children

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 22 September 2025
End Date: 13 October 2025
Start Time: 1:00PM
End Time: 2:30PM
Day: Monday
Sessions: 4
Tutor: Mrs Gelsomina Galdieri

ZZ99 9ZZ **Room** Virtual Classroom - Google Cla

What will I learn?

This supportive and practical four-week online course is designed to help parents, and caregivers of children aged 4-11 to understand the evolving nature of sleep during the school years. You will gain insight into how children's sleep patterns change over time, and learn practical, evidence informed strategies for supporting your child's rest. Together we will explore the impact of developmental stages, emotional needs, and family routines in sleep. The course will cover common challenges such as bedtime resistance, nighttime waking, and fears (including nightmares, and night terrors), while offering guidance on building consistent routines and positive associations with sleep.

We'll also look at how to support your child through key transitions such as starting school, moving to their own bedroom, or adjusting after illness or family changes. You'll learn how to set calm, clear boundaries around bedtime in a way that supports emotional security and strengthens your relationship. Importantly, the course will also focus on how to protect and prioritise your own rest and mental wellbeing as a parent or carer. By the end of the course, you'll feel more confident in your approach to your child's sleep and have practical tools to create a more peaceful bedtime routine that works for your family.

What will I need to take part?

This course is designed to be accessible and relaxed, where all parenting styles are welcomed. You will need a device with internet access (laptop, tablet or smartphone), a quiet space where you can listen, reflect and participate in discussions. You may find a notebook useful to keep notes. You will need access to Google Classroom and you will need to set up a Gmail account to access the course. You will be sent an invitation to join the Google Classroom with access to the course content, documentation, discussions, handouts, group calls and more.

What to expect

Each session will include facilitated discussion and expert guidance from an experienced tutor, practical strategies and tools to apply at home between sessions, interactive activities and group sharing with space to ask questions, handouts and optional reflection tasks to support your learning. This course is evidence-informed, supportive and non-judgmental. You won't be told what you should do, but instead given tools to help you find what works best for your child and family life. This is a non-judgmental space where all parenting styles are respected. You will leave feeling more informed, empowered and supported. 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 can lay the foundations for calmer evenings and more restful nights for both children and parents. It may also support your journey in other areas of parenting by; strengthening your confidence in your understanding and responding to your child's emotional needs, helping reduce stress and conflict around bedtime routines, improving your own wellbeing by prioritising rest and setting healthy boundaries, encouraging participation in other family wellbeing or parenting courses, such as emotional regulation, behaviour support or transitions to school. Your tutor will also be able to offer advice around progression routes and your next steps after the course.

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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/>

