

Does your child struggle with their sleep?

Free Sleep Tight Groups

Join us on one of our virtual or face-to-face groups and:

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Sleep Tight Universal Group 24th April 2026 from 10.00am to 12.00pm
Virtually Via MS Teams

Sleep Tight SEND Group 12th June 2026 from 10.00am to 12.00pm
at The Keystone Academy, Squinter Pip Way, Shrewsbury, SY3 8XQ

The groups run for 5 weeks excluding the school holidays and bank holidays.

Groups with SEND are suitable for parents/carers of Children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

To book a place email Parenting.team@shropshire.gov.uk or call 01743 250950

Find out
more here



Shropshire
Council