

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



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