

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 Group Monday 12th January 2026 from 1.00pm to 3.00pm Virtually Via MS Teams

Sleep Tight Group Thursday 15th January 2026 from 9.30am to 11.30am Highley Primary School

Sleep Tight SEND Group Monday 23rd February 2026 from 1.00pm to 3.00pm Virtually Via MS Teams

Sleep Tight Group Tuesday 24th February 2026 from 9.30am to 11.30am Crowmoor Primary School

The groups run for 5 weeks excluding the school holidays

SEND groups are 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

