

Does your child struggle with their sleep?

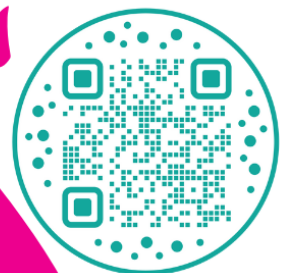
Free Sleep Tight Groups

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

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

Find out
more here



Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm

Fri, 9.30am - 3.30pm

No judgment, just support. For all Shropshire families, including those whose children have special educational needs and/or disabilities (SEND)



Understanding Your Child with SEND

From Toddler to Teen

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Join our friendly, free group for parents and carers of children with SEND. Connect with others, deepen your understanding of your child, and explore what's going well and what you'd like to change. Small changes make big differences!

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 13th April 2026 - 10.00am-12.00pm - Online via MS Teams
- 16th April 2026 - 1.00pm-3.00pm - St Lucia's School, Upton Magna (SY4 4TZ)
- 16th April 2026 - 9.30am-11.30am - Morda Primary School (SY10 9NR)

SEND groups are for parents/carers of children who may have special educational needs or disabilities. No formal diagnosis is needed.

What We'll Talk About

- Communication and building confidence in your relationship with your child
- Exploring routines such as sleep and bedtime
- Understanding behaviour and emotional regulation
- Child development and ways you can support it

Want to Join Us?

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Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



Prefer flexible online learning?

Try our free online learning pathways at

[Becoming Togetherness - Togetherness](#)



Understanding Your Child

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"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Come and join us as we chat about what's going on for you and your family. Together we'll make sense of tricky moments and share simple ideas that can make life calmer and more positive.

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 13th April 2026 - 12.45–2.45pm – Belvidere Primary School, Shrewsbury (SY2 5YB)
- 13th April 2026 - 1.00–3.00pm – Ludlow Primary School (SY8 1HG)
- 15th April 2026 - 9.30–11.30am – Pontesbury Primary School (SY5 0TF)
- 15th April 2026 - 1.00–3.00pm – Wilfred Owen School, Shrewsbury (SY2 5SH)
- 15th April 2026 - 5.00–7.00pm – Online via MS Teams

What We'll Talk About

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

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