



Smart Steps

Sleep & wellbeing workshops for schools

Supporting parents, pupils and staff

Overview

Children's sleep has a significant impact on learning, behaviour, emotional regulation and overall wellbeing. These school-based workshops are designed to support parents while also equipping teachers and school staff with a deeper understanding of how sleep difficulties affect children in the classroom.

Delivered within the school setting, the workshops offer practical, evidence-based guidance that reflects the realities of modern family and school life.

Why sleep matters in school communities

Poor sleep can affect:

- Attention and concentration
- Emotional regulation and resilience
- Behaviour and relationships
- Attendance and readiness to learn

By addressing sleep in a supportive and psychologically informed way, schools can strengthen wellbeing, improve learning conditions and reduce pressure on staff.

How the workshops work

Workshops are hosted directly by schools and can be delivered:

- **In person or online**
- During the school day or in the evening
- As a **standalone session** or part of a wider wellbeing programme

Sessions are tailored to the age range and specific needs of each school community.

Supporting parents

Parent workshops are practical, reassuring and non-judgemental. They focus on realistic strategies that families can use alongside busy work and school routines.

Parents will gain:

- A clear understanding of how children's sleep works



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- Practical strategies for bedtime, night waking and early mornings
- Guidance on supporting anxious or overtired children
- Tools for creating sustainable routines
- Increased confidence in responding to sleep challenges calmly and consistently

Parents are encouraged to take what feels helpful for their family and leave the rest.

Supporting teachers and school staff

Workshops can also be delivered as staff CPD sessions, supporting teachers to better understand the link between sleep, behaviour and learning.

Staff benefit from:

- Greater insight into how sleep difficulties present in the classroom
- Practical strategies for supporting tired or dysregulated pupils
- A shared language around sleep and emotional wellbeing
- Reduced pressure on staff to manage sleep-related challenges alone
- Improved collaboration with parents

A whole-school approach

By working with both parents and staff, the workshops promote a consistent, whole-school approach to sleep and wellbeing. This helps reduce mixed messages, strengthens home-school communication and supports children more effectively.

Topics covered

Sessions may include:

- Why sleep matters for learning and emotional wellbeing
- Understanding sleep pressure, routines and circadian rhythms
- Bedtime resistance and night waking
- Anxiety, worries and sleep
- The impact of screens and overstimulation
- Supporting children without power struggles

Content is adapted to suit parents, staff or combined audiences.

Flexible delivery options

Schools may choose:



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- Parent-only workshops
- Staff CPD sessions
- Combined wellbeing events
- Series-based programmes with optional follow-up support

Optional extras include handouts, recordings and signposting to further support.

