



Smart Steps

Sleep & wellbeing workshops for nurseries

Supporting young children, parents and nursery staff

Overview

Sleep plays a vital role in young children's emotional regulation, behaviour, development and readiness to learn. These nursery-based workshops are designed to support parents of babies and young children while also equipping nursery staff with a shared understanding of sleep and wellbeing.

Delivered within the nursery setting, the workshops provide practical, evidence-based guidance that reflects the realities of early years care and family life.

Why sleep matters in the early years

In babies and young children, sleep directly supports:

- Emotional regulation and attachment
- Behaviour and social development
- Language, learning and play
- Physical growth and wellbeing

Sleep difficulties are common in the early years and can place strain on families and early years staff. A supportive, informed approach can make a meaningful difference.

How the workshops work

Workshops are hosted by the nursery and can be delivered:

- **In person** or **online**
- During the nursery day or as evening sessions for parents
- As a **standalone workshop** or part of a wider wellbeing offer

Sessions are tailored to the age range of the children and the needs of the nursery community.

Supporting nursery parents

Parent workshops are practical, reassuring and non-judgemental. They focus on realistic strategies that fit alongside nursery routines, work commitments and family life.



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Parents will gain:

- An understanding of how sleep develops in babies and young children
- Practical strategies for settling, night waking and early mornings
- Guidance on naps, transitions and routines
- Support for common challenges such as separation anxiety and overtiredness
- Increased confidence in responding to sleep difficulties calmly and consistently

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

Supporting nursery staff

Workshops can also be delivered as staff training or CPD sessions, supporting early years practitioners in understanding sleep as part of children's emotional and developmental needs.

Staff benefit from:

- Greater understanding of sleep development in the early years
- Insight into how sleep difficulties may affect behaviour, mood and engagement
- Practical strategies to support tired or unsettled children
- A shared language to support conversations with parents
- Increased confidence in offering consistent, supportive guidance

A joined-up nursery approach

By supporting both parents and staff, the workshops promote a consistent, joined-up approach to sleep and wellbeing. This helps create continuity between home and nursery, strengthens relationships with families and supports children more effectively.

Topics covered

Sessions may include:

- How sleep develops in babies and young children
- Understanding sleep pressure, routines and naps
- Bedtime challenges and night waking
- Separation anxiety and sleep
- The impact of overstimulation and screens
- Supporting sleep without rigid routines or sleep training pressure

Content is adapted for parents, staff or combined audiences.



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Flexible delivery options

Nurseries may choose:

- Parent-only workshops
- Staff training sessions
- Combined parent–staff wellbeing events
- Series-based programmes with optional follow-up support

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

Prices start at £395+

