

SAFER SLEEP IN THE FIRST FEW YEARS

Subject Area

Student Type

Study Mode

Health, Social Care &
Life Sciences

Adults

Part Time

What is the course about?

This course helps parents and carers understand safe sleep practices for babies and young children, giving you confidence to create a safe and supportive sleep environment at home.

Designed for parents and carers with children under 5, it forms part of a series of supportive sessions aimed at helping parents and carers feel informed, reassured, and confident during the early years.

Taught at Winsford Adult College, this course forms part of a wider under 5s parent programme, delivered in a supportive and non-judgemental environment to help build confidence and strengthen parenting skills.

Why should I choose the course?

This course is ideal for parents and carers who want peace of mind and confidence when supporting their child's sleep in the early years.

You'll gain practical, easy-to-understand guidance that can be applied at home straight away, helping you make informed choices and create a safe sleep environment for your child.

What will I learn?

On this supportive course, you will learn:

- Safe sleep positions for babies and young children
- How to reduce risks and create a safe sleeping environment
- How to establish calm, positive sleep routines.

Sessions are delivered in a relaxed, supportive environment.

What will the course lead on to?

This course will help parents and carers feel confident in applying safe sleep practices at home.

By understanding safe sleep positions, how to reduce risks, and how to establish positive bedtime routines, you'll be better equipped to create safer sleep environments at home, supporting your child's wellbeing and healthy development during the early years.



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

Why should I choose to study the course at Warrington & Vale Royal College?

Warrington & Vale Royal College offers a welcoming and supportive learning environment for parents and carers. The course is delivered by experienced early years professionals who understand children's development and the real life challenges families face.

With a strong focus on practical, easy to apply ideas, you'll gain confidence knowing you can use what you learn straight away at home to support safe sleep.

What are the entry requirements?

There are no formal entry requirements for this course. If you are a parent or carer of a child under 5, this course is suitable for you. Please contact our friendly Learner Services Team on 01925 494 400 or learner.services@wvr.ac.uk to learn more.



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