

Family Mental Fitness North East

Programme Overview Sleep Stars Sensory Clinic



EYFS	KS1	KS2	KS3	FAMILIES
------	-----	-----	-----	----------

Sleep Stars is an 8-week therapeutic sleep programme for children and their parents/carers to attend together. In areas where poor sleep hygiene contributes to emotional dysregulation, school absence, and family stress, this gentle, sensory-based approach empowers families with tools they can use every night to create calmer, more consistent bedtimes.

Purpose

To improve sleep quality, emotional regulation, and family wellbeing by embedding predictable, sensory-supported bedtime routines. The programme teaches calming proprioceptive activities, progressive muscle relaxation, and practical sleep hygiene strategies that can be sustained at home.

Impact

Families experience reduced bedtime stress, improved emotional stability, and better attendance at school. The shared parent-child sessions strengthen bonds, provide practical tools, and offer a non-stigmatising environment for learning together.

Outcome

Predictable evening routines supported by sensory activities

Increased confidence for children and parents in managing bedtime

Improved sleep quality and overall wellbeing
Stronger parent–child emotional connection

Example Session Structure

Weekly sensory sleep activity (e.g., journal, worry stone, affirmation card)
5-minute proprioceptive body pressure exercise on the floor
Teaching of reflexology hand pressure points, leading to a 5-minute self-hand massage with scented creams (optional)
Guided 10–15 minute progressive muscle relaxation for both parents and children, with self-guided techniques for home use

Group Size

Small group – 6 to 8 children

Session Duration

10 × 45-minute weekly sessions

Cost Per Session

Schools and Public Bodies: £21

Subsidised for families: £11

For Funders

Fully funded cost per 12-week programme: £1,900

(£24 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26

