

## Sleep Workshop

17/05/24

### Danson School Workshop Evaluation Feedback

Purple Parenting and Training CIC delivered a Sleep Workshop to 8 parents. The small group was helpful for the parents feeling able to share and to ask specific questions. All completed an evaluation form and the feedback was totally positive, we have included the feedback below.

#### What overall rating would you give the workshop?



From options Excellent, Very Good, Good, Fair or Poor.

#### Would you recommend this workshop to others? Why?

All stated that they would recommend the workshop.

"Had useful facts and tips to support children with sleeping. Sharing experiences with other parents."

"It helps parents to support children to sleep. Very informative and supportive."

"I found this really helpful, relevant to my current issues - and non-judgemental!"

"Yes, the topic is very important."

"Very informative."

"Full of information. Very helpful to understand lots of things."

"Give us knowledge about sleep pattern, myths and answer our queries."

"Very informative and lots of things to think about and implement on our daily routines."

#### Is there anything you would change about the workshop?

The only comment was "talking about parents too."

#### Any further comments?

"More workshops like this!"

"Interesting and useful session."

"Thank you - very helpful."

"Thank you for the information and your time."

"Thank you!"

"Excellent workshop, so beneficial."