Does your child resist going to bed, not get enough sleep, or wake frequently at night? Sleep disorders are reported in up to 80% of children with Autism Spectrum Disorder (ASD), and can effect mood, attention, learning, and behavior. This webinar will focus on understanding barriers to sound sleep and simple and evidence-based behavioral strategies to address barriers, including strategies to establish sleep habits and routines, minimize night and early morning awakenings, and address resistance or behavioral problems at bedtime.

Course Objectives:
• Learn about the importance of sound sleep and common sleep challenges for children with autism
• Learn developmental norms for sleep and recommendations for your child
• Learn simple, evidence-based strategies to address sleep problems

Who should attend: Parents of preschool and school-age children with ASD. Interested providers who work with families are also welcome to attend.

Content level: Beginner
Clock hours: WA State clock hours available for an additional fee
Instructor: Robin Finlayson, MEd, BCBA

To register, visit https://cvent.me/gZVkNV.
Advanced registration is required.