

Finding the Sandman : Strategies to Improve Your Child's Sleep



Group Objectives:

- Learn about developmental norms for sleep and recommendations for your child
- Learn strategies to improve your child's sleep:
 - Establish effective sleep habits and routines
 - Minimize night and early morning awakenings
 - Address resistance and behavioral problems

Who should attend:

Parents of children aged 2-8 with Autism Spectrum Disorder who struggle with sleep

Criteria for Enrollment

Complete a formal sleep assessment through the UW Autism Center Sleep Clinic to identify specific needs of your child

Instructors:

Annette Estes, PhD and Robin Finlayson, M.Ed., BCBA

Does your child resist going to bed, not get enough sleep, or wake frequently at night?

The UW Autism Center Sleep Clinic is now holding small group workshops on practical strategies to improve your child's sleep.

WHEN

Rolling enrollment

WHERE

Zoom Videoconference

COST

\$50/session

Insurance may be accepted



To learn more, visit: <https://depts.washington.edu/uwautism/clinical-services/>