



Addressing Sleep Problems for Children with ASD

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:

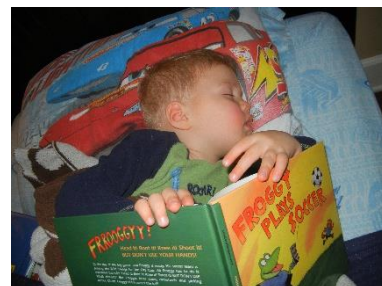
- Learn about the importance of sound sleep and common sleep challenges for children with autism
- Learn developmental norms for sleep and recommendations for your child
- Learn simple, evidence-based strategies to address sleep problems

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: 3.0 WA State clock hours available for an additional fee

Instructor: Robin Finlayson, MEd, BCBA



WHEN

Monday, October 19, 2020
9:00 AM – 12:00 PM PT

WHERE

Webinar

COST (per person)

\$55-register by Sept 21
\$65-register after Sept 21
*10% discount for groups of 5 or more

To register, visit <https://cvent.me/rMr9a0>.

Advanced registration is required.



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Visit us at
www.uwautism.org



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