



# 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, June 7, 2021

1:00 – 4:00 PM PT

*Recording available post-event*

## WHERE

Webinar

## COST

\$70 per person

\*10% discount for groups of 5 or more

To register, visit <https://cvent.me/1w2e1q>.

*Advance registration is required.*



Email us at  
[uwactrain@uw.edu](mailto:uwactrain@uw.edu)



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Call us at  
1-877-408-UWAC