

# Early Birds with Robin

## 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
  - Help your child sleep through the night in their own bed
  - Minimize night and early morning awakenings
  - Address problems at bedtime

### Who should attend:

Parents of children with Autism Spectrum Disorder who struggle with sleep

### Instructors:

Annette Estes, PhD, and Robin Finlayson, MEd, BCBA

### To learn more, visit:

<https://depts.washington.edu/uwautism/clinical-services/treatment/autism-sleep-consultation-clinic/>

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 parent workshops on practical strategies to improve your child's sleep.

### WHAT

Four 1-hour sessions

### WHEN

Rolling enrollment

### WHERE

Zoom Videoconference

### COST

\$100 for 4 sessions