

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
 - Address problems at bedtime

Who should attend:

Parents of children with Autism Spectrum Disorder under 12 years of age who struggle with sleep

Instructors:

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

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

4 1-hour group sessions for parents

WHEN

4:00-5:00 PM Thursdays
Additional times may be added in future

WHERE

Zoom Videoconference

COST

\$100 total for 4 sessions

To learn more, visit: <https://tinyurl.com/earlybirdswithrobin>