



Families in Focus CIC

How to get your child with Autism to Sleep

When a child doesn't sleep well it can impact the whole family. Sleep plays a vital role in physical, emotional and mental well-being and impacts learning and behaviour.

Our kind, gentle, holistic approach gives you and your child the skills needed to maintain a life time of healthy sleep.

Trained by The Children's Sleep Charity we offer a behavioural approach and effective sleep support that is safe and based on the latest research.

- Understanding the stages of sleep and the impact of sleep deprivation on children's behaviour, learning, health & mood of whole family.
- Identifying & understanding the causes of children's sleep difficulties including sensory hypo/hyper sensitivities.
- Understanding and managing sleep disturbances including nightmares and night terrors
- Strategies to manage common sleep issues
- Positive Parenting: establishing a positive, sleep inducing bedroom environment and routine to aid self-settling and healthy sleep.



When:

Tuesdays

12.30pm to 2.30pm

**April 23rd 30th
May 7th 14th 21st**

Where

**Stanborough Centre,
609 St Albans Road,
Watford
WD25 9JL**

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



Families In Focus CIC
A Community Interest Company

FREE for parents caring for children under 11 years old with any additional needs and living in **DSPL9** areas of **Radlett, Bushey, Three Rivers and Watford**

Email bookings@familiesinfocus.co.uk or

Visit our website www.familiesinfocus.co.uk