



Families in Focus CIC

How to get your child with Autism to Sleep

****Free for parents living in Hertfordshire and caring for a child up to 11 years old and awaiting a diagnosis and those who already have an Autism diagnosis.****

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

6.30pm to 8.30pm

June 11th 18th 25th

July 2nd 9th 16th

Where

**South Hill Centre,
Cemetery Hill,
Hemel
Hempstead
HP1 1JF**



Families In Focus CIC
A Community Interest Company

Places are limited and must be pre-booked by contacting Families in Focus CIC

**Email bookings@familiesinfocus.co.uk or
Visit our website www.familiesinfocus.co.uk**