



Sleep Scotland

Sleep Awareness Parent Workshop

**for parents and carers of children and/or
young adults with Autism Spectrum Disorder**

Many children and young adults experience difficulties sleeping, and these problems are even more common amongst those with Autism Spectrum Disorder.

This introductory session will:

- Provide basic awareness of children and young people's sleep
- Explore some of the reasons behind sleep problems
- Look at some of the strategies to address these problems.

Date: 5th March 2015

Time: 6.30pm to 8.30pm

Location: Galashiels

To reserve a place please contact Abby on
0131 651 1392 or abby@sleepscotland.org

For further information about Sleep Scotland's services and full details of all parent workshops being delivered please visit www.sleepscotland.org