

Nottingham City
Autism Team

Sleep Workshop for families

Sam Parr – CDC sleep specialist

Description

Sam Parr is the sleep specialist who works at Nottingham City Hospital Childrens Development Centre, where she works alongside the community paediatricians.

Sam will give us an overview of sleep in general, differences those with neurodiversity may face, tips and strategies to try to improve the sleep of our children and young people.

When:

Tuesday 14th May

6.30—8pm

Where:

Microsoft Teams

Who is it for:

Parents/carers and families of neurodiverse children & young people who struggle with sleep

Benefits

- Understanding more about sleep patterns and sleep hygiene
- Having a range of strategies to try to improve sleep
- Knowing about a range of resources that could also help
- Considering foods and routines that can help
- Support and understanding from Sam and other families

Booking

There is no need to book, please just click the link below, or scan the QR code to join:

[Sleep workshop for families](#)

