



# Steps to Good Sleep

*“Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.”*

*National Autistic Society UK. 2014. What is autism?*

## Steps to Good Sleep

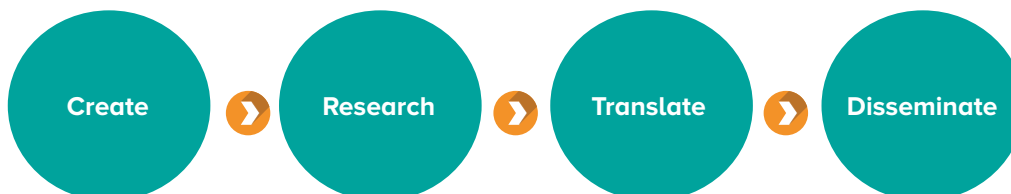
This one-hour parent presentation will provide a comprehensive overview of the importance of sleep, particularly for neurodivergent children. It will delve into the vital role that sleep plays in overall health and daily functioning, highlighting its connection to participation in everyday activities. Caregivers will also learn about general sleep recommendations, factors that can disrupt sleep quality, and common sleep challenges faced by autistic children. The session will also offer practical strategies to help support children's sleep, including adjustments to their environment, daily routines, and comfort measures.

## What is covered?

- Understanding the concept of sleep and its importance for health and wellbeing.
- Exploring the relationship between sleep and daily participation in activities.
- Reviewing general sleep recommendations for people of all ages.
- Identifying factors that can affect the quality of sleep in children.

## Who delivers the presentation?

The presentation is delivered by knowledgeable Allied Health staff from CliniKids – a nationally unique model integrating research practice and clinical services. CliniKids' vision is to reduce the time to translate evidence-based research into clinical practice and to the wider community; and improve the quality of support available to WA families and schools.



## Next steps

For further information on this presentation or your unique learning needs, please contact:

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