



**FamilyHubDerby**

Stronger families through support & friendship



**StartforLife**

# Sleep workshops

**For parents and carers of 0 – 19 year olds who are or may be neurodiverse**

## **Pathological Demand Avoidance and Sleep**

Sleep can be a huge trigger for children and young people with PDA. Join Nickie to look at some strategies to help reduce bedtime battles.

**Wednesday 15 October, 12:30-3pm**

**at Sinfin Family Hub, 345 Sinfin Lane, Sinfin Moor, Derby DE24 9SG**

**Call 01332 956967 to book**

## **Sensory Processing and Sleep**

Children and young people with sensory processing differences find it hard to settle and sleep well. This workshop will look at how the different senses impact on sleep and share simple, effective strategies to support.

**Wednesday 12 November, 6-8pm**

**Online**

**Call 01332 208175 to request the link**

## **Autism and Sleep**

Sleep is much harder for autistic children and young people for reasons that they cannot control. This workshop will focus on how Autism affects sleep and what you can do to help.

**Friday 5 December, 12:30-3pm**

**at Mackworth Morley Family Hub, Reigate Drive, Mackworth, Derby DE22 4EQ**

**Call 01332 208175 to book**

**All workshops are delivered by Nickie Sutton, Specialist Sleep Practitioner.**



Please scan for  
further information



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