

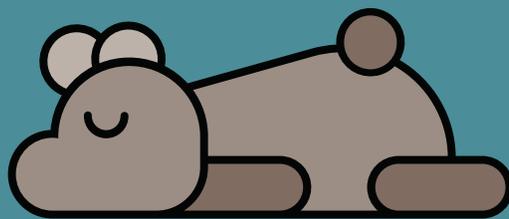
A Neurodiverse-Affirming Sleep Workshop for Parents

Are you feeling exhausted by bedtime struggles and wondering if there's a different way to approach sleep with your child? Sleep problems are reported in a large majority of neurodivergent children, yet many parents report that common bedtime practices just don't work for their kids!

This neuro-affirming sleep workshop for parents is an encouraging space for parents of children ages 4-7 who want to move beyond one-size-fits-all sleep approaches.

We will explore sleep as a developmental process that requires connection, trust, and an understanding of how your child's brain is wired to support independence.

With a focus on attachment-based practices, we will provide skill-based guidance to help you develop a personalized and flexible plan for sleep. Our goal is to empower you with the tools, strategies, and confidence to create a sustainable and peaceful bedtime routine that honors your child's unique needs and strengthens your bond, so both you and your child get the rest you need!



A Neurodiverse-Affirming
Sleep Workshop for Parents



Facilitator: Erin Shaheen

Two-part virtual workshop

Thursday Sept 18 & 25 from 12-1pm

Registration Deadline: September 11th, 2025

\$100 (tax included), nonrefundable after deadline

REGISTER NOW

What you'll gain:

- ✨ Learn about common sleep differences in neurodivergent children and how their brains can impact rest
- ✨ Discover practices that build safety and connection, helping to soothe bedtime anxiety for both you and your child
- ✨ Explore how sensory needs and daily routines impact sleep and learn practical strategies to create a calm and predictable transition to bedtime
- ✨ Feel empowered to let go of conventional sleep training pressures and develop a responsive, supportive approach that aligns with your family's values

