

**A free workshop  
for parent/carers**

**Given by specialist  
ADHD/Autism Trainers  
from ADD-vance**



**Dacorum DSPL Area 8 are pleased to present**  
**Understanding Sleep Issues**  
**In children with Autism/ADHD**

Do you have a child with ADHD or Autism?  
This 2-hour workshop is designed to meet the needs of parent/carers  
to help them build on existing skills in supporting  
children with ADHD/Autism

**The workshop will take place between 7pm - 9pm**  
**on**  
**Tuesday 21st November 2017**  
**at**  
**Gade Community Meeting Room**  
**Chaulden Junior School**  
**School Row**  
**Hemel Hempstead**  
**HP1 2JU**

To book, please call Ashley Fabray on 07525 917125 or email [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)  
Places are limited, so please do book early to avoid disappointment

Please note that this course is only open to Dacorum parents/carers

**DSPL** | **Delivering Special  
Provision Locally**

*Achieving quality outcomes*

## **Who is this workshop for?**

Parent/carers of children aged 4—12 with a diagnosis or suspected diagnosis of ADHD or Autism, experiencing sleep issues.

## **What are the Learning Outcomes?**

The workshop is designed to help parent/carers

- to gain a better understanding of the purpose and need for sleep
- to understand the process of the Sleep Cycle
- to explore the main sleep difficulties for children with Autism and ADHD
- to share and discuss a variety of strategies to support your child's sleep
- to share and discuss ways to establish a better sleep routine

## **What methods will be used at the workshop?**

Presentation and small group work

## **What will be provided?**

- Light refreshments
- Workshop learning pack

## **When and where will the workshops take place?**

Gade Community Meeting Room  
Chaulden Junior School  
School Row  
Hemel Hempstead  
HP1 2JU

On Tuesday 21st November 2017, from 7 pm to 9 pm

## **How do I book a place?**

Please book via: Ashley Fabray on 07525 917125 or [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)  
We will then confirm your booking