



Kent Emotional Wellbeing Teams  
Medway Emotional Support Teams

# Online Parent Workshops

Aimed at parents of children in school

## Understanding Sleep and Autism

*Monday 9th March 12:30—13:30pm*

**\*Workshop timings change from term to term**

Are you currently experiencing **difficulties with your child's sleeping patterns?** Maybe your child has **received a diagnosis.** Would you like to come and **meet with other parents and carers** and learn about ways to **support your child?**

You are invited to a **workshop about understanding sleeping patterns and autism.** We also discuss **helpful strategies that you can use at home** to help support your child.

If you would like to join, please **ctrl + click the link below or by entering the Meeting ID and Passcode within Teams:**

[Autism and Sleep | Meeting-Join | Microsoft Teams](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

**[EWTandESTenquiries@nelft.nhs.uk](mailto:EWTandESTenquiries@nelft.nhs.uk)**

**We look forward to meeting you.**



[www.nelft.nhs.uk](http://www.nelft.nhs.uk)