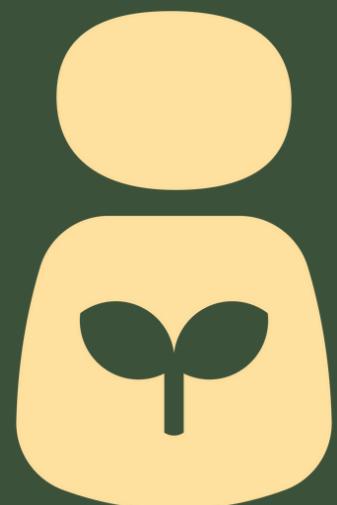


Sleep and Neurodivergence Workshop

Date & Time: Tuesday 24th Feb 26

10:00am – 12 noon

Location: Online via Zoom



Overview

Sleep can be a significant challenge for neurodivergent children and young people.

This workshop explores why sleep difficulties are common and offers practical, realistic strategies for families.

What to Expect

- Why sleep difficulties are more common in neurodivergent children
- The role of sensory needs, anxiety, and emotional regulation
- Practical strategies to support better sleep
- Approaches across a range of neurodivergent profiles
- Space to ask questions and share experiences



To book your place please e-mail:
info@derbyshireparentcarervoice.org