

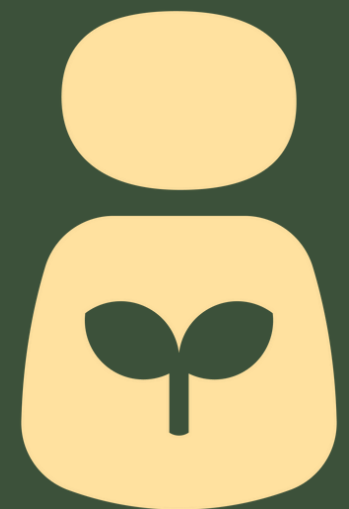


# Sleep and Neurodivergence Workshop

**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](mailto:info@derbyshireparentcarervoice.org)