



*The Baby, Child, Autism and Anxiety Sleep  
Specialist*

*FREE Online Autism & Anxiety Sleep  
Masterclass (for children aged 2-11yrs)*

*What will be covered?*

- 
- *The connection between Autism and Sleep*
- *Common sleep disorders in Autistic children*
- *How to promote good sleep for Autistic children*
- *Pathological Demand Avoidance (PDA)*
- *Strategies for supporting anxiety at bedtime*
- *Use of visual aids to support a bedtime routine for Autistic children and anxious children*
- *Screen time weaning at bedtime*
- *Autism and Anxiety reducing strategies for sleep*

[\*www.readysteadysleep.co.uk\*](http://www.readysteadysleep.co.uk)

*Thursday 3<sup>rd</sup> April 2025*

*8pm*

*online via Zoom*

*To book your free place,  
scan the QR code below or  
email:*

[\*lauren@readysteadysleep.co.uk\*](mailto:lauren@readysteadysleep.co.uk)

