



Managing Sleep Problems

- Consider the function and importance of sleep.
- Understand sleep problems in children with ASD and/or LD.
- Find out what you can do to encourage good sleep habits.

Toileting Problems in Young People with ASD

- Understand more about toileting problems in young people with ASD.
- Consider strategies to help with toileting problems
- Share experiences – i.e. what works, what doesn't work, coping strategies.

Mindfulness and

Consent and Confidentiality

We will not disclose any personal information about you or your involvement with our service at any time during the workshops.

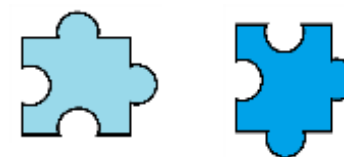
We are happy to answer general questions during the session; however as this is a focused information giving session, we are unable to offer advice on individual circumstances.

If you disclose information that makes us feel concerned that you or someone else is at risk, we are obliged to report this to the Safeguarding Starting Point Team. If appropriate, this would be discussed with you at the time.

Comments and Concerns

We welcome your views, feedback and suggestions

Information Sessions for Parents and Carers of Young People with Learning Disabilities and / or



What Is This Leaflet About?

This leaflet outlines the aims of various topic specific information sessions for parents and carers.

These information sessions are aimed to support parents/caregivers of young

Workshops and their Aims:

Positive Behaviour Support for Managing

Puberty and Sexuality

Chesterfield Royal Hospital NHS

- Develop awareness of puberty related issues
- Share thoughts and ideas to help you feel more confident to support young people to understand puberty and

