



Garlinge Primary School and Nursery

invite you to a Parent and Carer
Workshop

Sleep and Autism

Tuesday 10th June 2025

9am-11am

Are you currently experiencing **difficulties with your child's sleeping patterns**? Maybe your child has **received a diagnosis of autism**. 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.

Come and join the Emotional Wellbeing Team for this informal workshop and a coffee.

To book a space on this workshop please contact the Inclusion Admin team on 01843 222 551 or email inclusionadmin@garlinge.kent.sch.uk

**We look forward to meeting
you!**

