

## SENSORY SMART SLEEP STRATEGIES THAT WORK

Tuesday, May 17, 2022, 10:00 am - 12:00 pm

**DESCRIPTION:** Getting a good night's sleep can be difficult for kids, teens, and adults with sensory differences, particularly those with autism and other neurodivergent challenges. This webinar will share essential insights into why sleep is such an issue and provide practical strategies that can help.

**WHO SHOULD ATTEND:**

Parents, family members, caregivers and professionals who want to enhance the lives of children, teenagers & young adults. We welcome anyone who strives to achieve the same goals.

**LANGUAGE:**

English (With Spanish Interpretation)

**REGISTRATION IS REQUIRED**

By Email:

[familyconnect@adaptcommunitynetwork.org](mailto:familyconnect@adaptcommunitynetwork.org)

By Phone:

(718) 436-7979 Ext.704

**ABOUT THE SPEAKER**

**Lindsey Biel, M.A., OTR/L**, is a pediatric occupational therapist with a private practice in Manhattan where she evaluates and treats children, teens and young adults with sensory processing issues, autism spectrum disorder, and other developmental challenges.

She is co-author of the award-winning *Raising a Sensory Smart Child* with a foreword by Temple Grandin and the author of *Sensory Processing Challenges: Effective Clinical Work with Kids & Teens*. Visit her website at [www.sensorysmarts.com](http://www.sensorysmarts.com).

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