



Time for Bed

This time of year, many parents are hearing advice about establishing bedtime routines to help get their children ready to head back to school. Often that's easier said than done. Research shows 35% -50% of typically developing children and **67%-86%** of children with autism have sleep difficulties. Research also shows that sleep difficulties do not decrease just because children get older. Children with poor sleep can demonstrate irritability, difficult temperaments, daytime sleepiness, self-injury, tantrums, and other challenging behaviors. Understandably, difficult sleep patterns in children can also result in negative effects on the sleep patterns of parents and caregivers.

There seems to be two areas of sleep difficulties that can occur, either during the process of going to bed or night waking/staying asleep and in bed all night. Some children have a hard time with both. Bedtime resistance and insomnia are the most reported problems for autistic persons.

There is hope! Several behavioral interventions have been shown in research studies to be effective in helping children learn new sleep behaviors such as following bedtime routines, going to bed independently, and staying asleep and in bed until morning. There are also advantages to using behavioral interventions over medications, though any medical conditions need to be ruled out before trying behavioral interventions.

Establishing a bedtime routine is one strategy for helping children learn new patterns, but for children with autism, those routines need to be highly individualized, include specific reinforcement strategies, and the steps in the routine may have to be taught in a systematic way. To learn more about behavioral strategies for sleep challenges, visit [ASAT](#).

If you'd like to discuss sleep challenges with your child, contact Angie Lanoux to set up a meeting with your child's LBA.

THIS MONTH'S FAMILY MEETINGS

Houma 8/17 Group Meeting at **8:45am in person**

Thibodaux 8/16 Group Meeting at **8:45am in person**

Baton Rouge SLA 8/16 Group Meeting at **8:30am in person and online**

Baton Rouge Pre-K 8/16 Group Meeting at **1:30pm in person and online**

Lafayette 8/26 Group Meeting at **drop-off to 9:30 Donuts with Grownups, please RSVP to Angie**

All New Orleans/Houma/ Thibodaux Online Meeting 8/18 at **9:30am and 5:30om – online only**

Group sessions are open to any Touchstone parent or other legal guardian. Other caregivers may attend *with* parents/guardians. Please refrain from bringing children to the group meetings. Individual sessions can be conducted at the centers, in the home, or in the community, and address your child's specific needs.

Join Us! If you are unable to attend the monthly meetings, please contact Angie Lanoux at: alanoux@tc-aba.com to set up individual meetings.

Parent Collaboration Support:

Houma/Thibodaux/NOLA- Paula White at pgwhite@tc-aba.com

Baton Rouge/Lafayette/Hammond- Mary Johnson at mjohnson@tc-aba.com

New Online Meeting Platform: TEAMS

You should have received an email from Angie Lanoux and an invitation email from Derek Shanman for using TEAMS. TEAMS is a HIPAA compliant communication platform. Group meeting emails will have a link to join the meeting on TEAMS. For technical support, contact Dr. Shanman at dshanman@tc-aba.com