Greetings

I’m writing today as a representative from AIDE Canada, as I feel I have a resource that could be used within your community.

As a collective, we are curating some of our content and sending it out to groups that we feel could benefit from it.

Sleeping issues are often reported among the developmental disability population and are particularly common in children and youth on the autism spectrum.

Today I am bringing you a short, animated video and a toolkit on the issue, and things that can help.

The toolkit summarizes our current knowledge around sleep differences in individuals with developmental disabilities and provides an overview of evidence-based strategies that can be tried at home. There are also links to additional resources and questionnaires that can help you discuss these challenges with your child's medical team.

The short, animated video provides tips for developing healthy sleep habits for individuals with developmental disabilities. The script was written by Dr. Penny Corkum of Dalhousie University and was developed and narrated by Dr. Fakhri Shafai of AIDE Canada.

Below is a link to the video we have created for your perusal.  Please pass it around to those you feel may benefit from it. We also have many other toolkits, webinars, articles, and infographics regarding Sleep and many other topics you may find helpful on our website.

**Video link**: <https://aidecanada.ca/learn/health/developing-healthy-sleep-habits-animated>

**Overview**:  <https://aidecanada.ca/learn/behavioral-supports/sleep-challenges-in-developmental-disabilities>

**Website**:    <https://aidecanada.ca/>

Other helpful resources included on the website are:

* a free, nation-wide lending library
* a database of articles and research summaries focused on autism and/or intellectual disability
* a national map of autism and/or intellectual disability programs and services
* a calendar of events, including on-demand streaming of past recorded webinars,

and several other features that we hope will be very valuable to our community. The direction and applications of the site were developed after many months of community consultations, quantitative surveys and focus groups with autistic self-advocates, parents, family members, service providers and educators.

Please feel free to reach out with any questions, or feedback you may have!

  Best Regards

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| **Rebecca D’Agnilli**  **BC Admin**  (she/her) | Logo  Description automatically generated |