



**Early Birds: A study on collaborative parent coaching for families with autistic children and sleep problems.**  
***UW IRB ID: STUDY00025368***

## Calling parents and caregivers of autistic children struggling with sleep!

We are inviting families to participate in a research study investigating a collaborative coaching model for autistic children who struggle with sleep. We are looking for families of children from 3-8 years of age with a diagnosis of Autism Spectrum Disorder who would like support with their child's sleep.



### Goal of the Study

The purpose of this study is to investigate the effects, acceptability, and feasibility of parent coaching on an individualized sleep intervention plan developed with the support of a behavior analyst with expertise in supporting families of children with sleep problems.

We are looking for caregivers who:

- Have a child between 3-8 years of age with an Autism Spectrum Disorder diagnosis and sleep problems
- Speak English and are able to complete written assessments
- Have access to an electronic device with reliable internet connection for videoconferencing



### Study Participants Will

- Complete a remote in-home sleep assessment
- Work 1:1 with a provider with expertise in sleep and autism to develop an individualized plan that works for your family
- Receive 4 weekly individual coaching sessions with the provider

For any questions or if you would like to sign up to participate, contact:

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