



National Institute for Empowerment of Persons with Multiple Disabilities
(Divyangjan)

Department of Empowerment of Persons with Disabilities (Divyangjan)

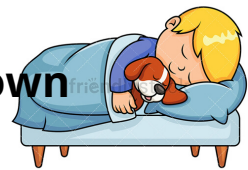
Ministry of Social Justice & Empowerment, Govt. of India

ECR, Muttukadu, Kovalam Post, Chennai-603112, TN

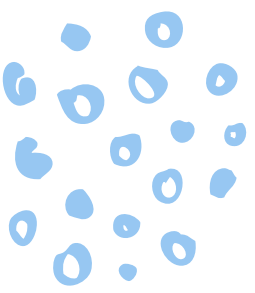
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Helping child with Autism get good sleep during lockdown



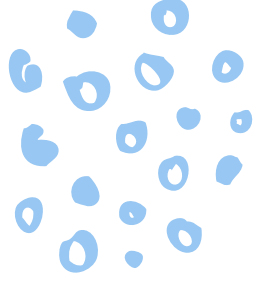
Avoid screen time before bedtime



Read a bedtime story



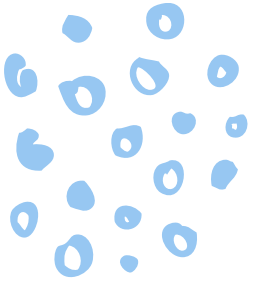
Play relaxing music your child likes



Give your child a warm bath



Avoid caffeinated food or beverages before bedtime



Make sure that your child gets enough physical activity in the day in order to sleep well