

Autism Health Education Classes

The Autism Center is providing 3 classes, taught by our providers, about health concerns that often happen with autism. The classes are small and interactive. They are for caregivers only and childcare is not provided so please do not bring children. For more information, or to register, call 206-987-8080, option 2.

What classes are offered?

We offer classes on constipation, ADHD/ADD, and sleep. Each class is 2 hours long and takes place once a month.

Constipation

Learn about constipation, what causes it and treatment options. This class will focus on how constipation can affect children with autism and how to recognize, treat, and prevent it.

ADHD/ADD

Learn about the symptoms of autism and ADHD/ADD that overlap and how to talk to your provider about concerns related to attention and/or hyperactivity. Explore different intervention/treatment options for symptoms related to ADHD/ADD.

Sleep

Learn about the basics of sleep, common sleep concerns and their most common causes, and strategies you can use to help your child (and the rest of the family) get better sleep.

Where and when do the classes take place?

Classes will be held at Seattle Children's Autism Center.

Constipation class: _____
(date/time)

ADHD/ADD class: _____
(date/time)

Sleep class: _____
(date/time)

How much does it cost?

The cost of each session is \$20 and is not billed to insurance. Families will be billed by Seattle Children's after each class occurs. This fee is covered if your family meets Seattle Children's Hospital financial assistance criteria. Call 206-987-3333 to apply.

How do I register?

Call 206-987-8080, option #2.

To Learn More

- Autism Center
206-987-8080
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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