



NeuroNest Early Intervention Specialist

At **NeuroNest**, we deliver early intervention sleep strategies for autistic children under 9 years old, that strengthen daily living skills. Our approach is grounded in the NDIS Early Childhood Approach and informed by the latest research in paediatric sleep and autism. We focus on building calm, consistent bedtime routines that promote emotional wellbeing, daily participation, and developmental growth. Sleep is a foundational self-care skill that supports a child's ability to regulate, learn, and engage meaningfully in home, community, and early learning environments.

All support is family centred, strength based and embedded within everyday routines. We work alongside families to align our strategies with your child's NDIS goals and your family's unique values and priorities. Our goal is to help children feel safe and confident at bedtime, calm and regulated through the night, and ready to engage during the day. At the same time, we support caregivers to feel more rested, empowered, and confident in managing sleep challenges using practical, evidence-informed tools that create lasting change.

Why Sleep Matters

Sleep is foundational to a child's development. Research shows that up to **80% of autistic children experience sleep difficulties**, which can impact learning, behaviour, and mood. When children sleep well, they are more likely to be emotionally regulated, attentive, and ready to take part in everyday life. Better sleep also supports positive family dynamics and reduces stress for caregivers.

What We Do

We support families to create simple, sustainable bedtime routines tailored to their child's unique needs. Our sleep support includes:

- Understanding your child's sleep patterns and environment
- Establishing consistent, calming bedtime routines
- Supporting transitions to sleep and reducing night waking
- Providing visual support, sensory strategies, and practical tools
- Offering guidance on early rising, routine changes, and preparation for kindy or school

All strategies are flexible and adapted to what works best for your child and family.



What Our Service Includes

Collaborative Sleep Assessment

- We begin by working closely with you to understand your child's current sleep routines, daily rhythm, sensory preferences, communication style, and areas of concern. Together, we build a picture of what sleep looks like now and identify the outcomes that matter most to your family.

Functional Sleep Review

- We identify barriers to restful sleep, such as bedtime anxiety, difficulty settling, or early waking. This may include reviewing sleep diaries, reflecting on regulation changes throughout the day, and discussing environmental or emotional factors. This process helps guide strategies that are practical and tailored to your child's support needs.

Individualised Strategy Development

- Informed by the latest evidence and autism-specific research, we co-create a personalised plan with your family. This may include:
 - Establishing a calming, predictable bedtime routine
 - Adjusting the sleep environment to meet sensory needs
 - Supporting smoother transitions into sleep
 - Using visuals, timers, or routines to promote structure
 - Gradually building your child's independence in sleep-related tasks

All strategies are aligned with your child's **NDIS goals**, such as building functional self-care skills, supporting participation in daily routines, improving regulation, and enhancing overall wellbeing.

Capacity Building for Families

- We provide you with practical tools, emotional support, and knowledge that respects your family's culture, values, and priorities. Our aim is to increase your confidence and capacity as a caregiver, so you feel supported to continue the routines and strategies independently over time.

Progress Monitoring and Ongoing Support

- We meet regularly to reflect on what is working, review progress toward your goals, and make adjustments as needed. Whether you are seeking short-term guidance or longer-term input, our support remains responsive to your child's development and your family's natural rhythm.

Through this process, we aim to reduce the impact of sleep challenges on your child's daily life, and to build the skills, routines, and confidence that support participation, independence, and family wellbeing.



Service Delivery and NDIS Alignment

NeuroNest Early Intervention Support is available:

- **Online via Zoom across Queensland**
- **In-person for families in Redcliffe, QLD 4020**

Our service aligns with the **NDIS Early Childhood Approach**, which supports daily routines such as sleep. It is funded under:

- **NDIS Category:** Capacity Building – Improved Daily Living
- **Line Item:** 15_005_0118_1_3 – Other Therapy (Early Intervention)
- **2024–25 Price Limit:** \$193.99/hour

We can provide quotes, reports, and documentation to support plan goals and reviews.