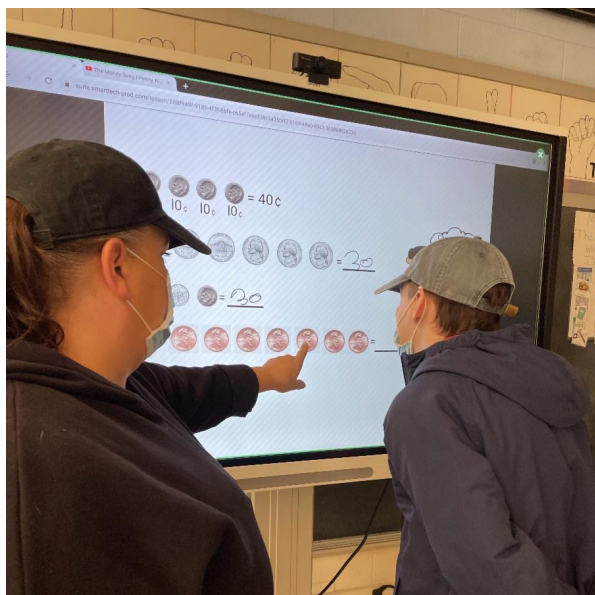




Parent Resource Guide

February Edition 2022



How Technology Can Help People with Disabilities Become More Independent

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9 Winter Warmers to Help You Deal with the Cold If You Have a Disability



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Improving Parent Engagement for Your Child with Autism

Autism and Sleep: Effects and Tips for Sleeping Better



If you or your child are autistic, you likely know that autism can affect sleep. Considering its impact on critical areas such as emotional processing, learning abilities, and social interactions, improving sleep is a priority. This is true for everyone, but particularly for autistic people, whose strengths exist outside the social arena.

[Read Full Article](#)



If you are a parent of a child with special needs, you've had to balance many new challenges along with those you already face on a daily basis. Lately, you may be spending more time than ever with your child, but more time doesn't mean you're getting more *quality time*. While it may not be feasible at all on some days, even brief periods of uninterrupted, un-pressured time for the two of you or your whole family may yield tremendous benefits.

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Could A Video Game Help Reduce Autism Symptoms?

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Greystone is here to help. If you have questions about our Residential Programs, Day Programs and Community Based Services, please click the button below

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