

## The CAYP Webinar Series

**Tuesday 30<sup>th</sup> September**  
**8:00-9:00pm**

### Sleep, Screens and Stressed-Out Kids

with Consultant Clinical Psychologist  
Dr Daniel Weisberg

Sleep is crucial for children's emotional and mental health, yet many families find it a constant struggle. In this free webinar, Consultant Clinical Psychologist Dr Daniel Weisberg will explore why so many children have difficulties with sleep, and how screen use, emotional overload and overstimulation can get in the way of restful nights. We will be sharing practical strategies for calmer evenings, better sleep hygiene and realistic boundaries around technology. The role of neurodivergence will also be considered, with time set aside to address your submitted questions.

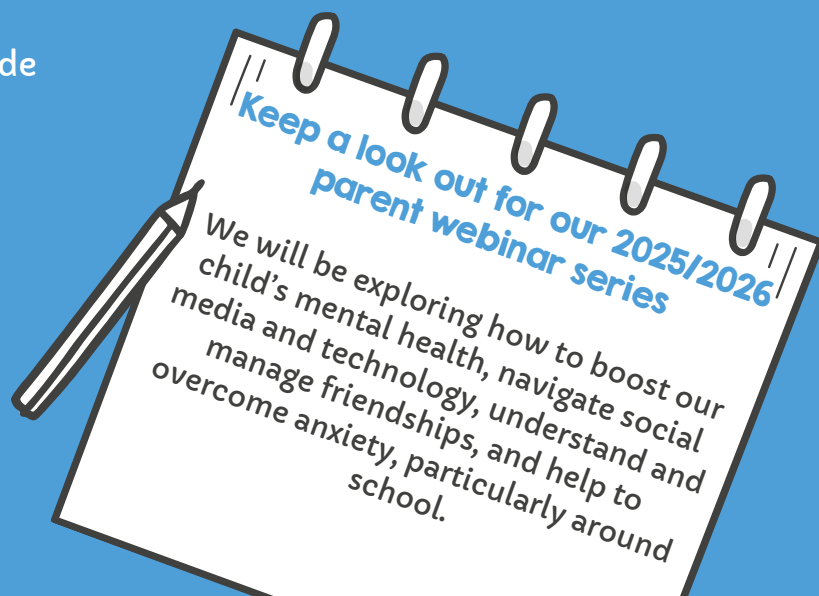
#### Overview:

- Strategies for better sleep without battles
- Common sleep myths and mistakes
- Why sleep is such a struggle for many children
- The connection between sleep, mood, and anxiety
- The impact of technology on sleep and mood
- The connection between sleep difficulties and neurodivergence
- When to seek further help

#### Who can join:

This session is primarily for parents of primary and high school aged-children, but anyone working with children is welcome to attend.

Click [here](https://www.cayp-psychology.com) to book your place or visit: [www.cayp-psychology.com](https://www.cayp-psychology.com)





## About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children's services and specialises in paediatric neuropsychology.

Daniel completed his PhD in children's emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel's psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 40 UK-wide clinics and online.

## About CAYP Psychology

CAYP Psychology (pronounced "cape") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0–18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.

**[www.cayp-psychology.com](http://www.cayp-psychology.com)**  
**[enquiries@cayp-psychology.com](mailto:enquiries@cayp-psychology.com)**



**For all CAYP updates,  
join our WhatsApp  
newsletter, by  
sending "CAYPnews"  
via WhatsApp to  
07446502690**

