

Course Outline



Welcome to Sleep, Baby & You: Dr Pamela Douglas, founder of the Possums sleep approach in Australia introduces the course and why it will be of use to health professionals working with families.

Training Video 1: Professor Helen Ball, Director of the Infancy & Sleep Centre at Durham University explains the origins, development and evaluation of 'Sleep, Baby & You' and how it has been translated for a UK context.

Activity 1: Learners will analyse the principles behind the approach and link them to implementation. For example, the idea that a rich sensory environment helps babies to develop a circadian rhythm is explored in the resources, along with suggestions of how parents can enact this.

Training Video 2: Prof Ball takes a detailed look at the training booklets and other resources, and the strategies that can be used to support families with infant sleep.

Activity 2: Learners go over the 9 'key steps' to implementing Sleep, Baby & You, and where each of these steps is covered in the resources.

Case studies: Two example case studies are given, with opportunity to reflect before Dr Pam walks through her own interpretations and analysis

Quiz: A multiple-choice quiz tests understanding of the Sleep, Baby & You approach

Demonstration Consultation 1 & 2: Two videos of Dr Pam and Renee Keogh going through an appointment with families to discuss sleep and coping strategies.

Resources:

Antenatal Practitioners' Guide

- Postnatal Practitioners' Guide
- Antenatal 'key points' flyer for Parents
- Postnatal booklet for Parents
- 14 unique animations to share with families
- Key research papers and educational articles
- Links to useful mindfulness and relaxation strategies and techniques

Certificate of accreditation for the completion of 'Sleep, Baby & You' course

What do practitioners think of the course?

'I meet quite a few families who doubt their own practice, I feel like this gives them the confidence to do what they feel comfortable with rather than what they feel they 'should' be doing'



'Amazing. Unhelpful misinformation around infant sleep is rife in the early learning and childcare profession. This training helps me talk to my colleagues as well as parents about supporting healthy sleep.'

'Thank you for putting this really interesting course together. It makes sense and I hope we can find a way to share this with all our families, including antenatally.'



'Really enjoyable and informative course. Looking forward to building on my supportive role with parents around feeding and sleep.'

Making night-times easier and day-times more enjoyable with your baby

