



Our internationally approved program is evidence-based and research led. Comprising of coursework and supervision of practicum work, delivered by online learning.

Move through our 16 modules at your own pace. You can start at any time.

English your second language? Prefer to write or conduct your consults in your native language? Not a problem. Ask us how we can still support you to complete your certification.

Founded in Australia in 2015, we now have consultants in over 25 countries

## Our Approach

We are about being respectful. We respect that parents are doing the best they can. We respect that infants and children have emotional and biological needs. We respect the bond that needs to be nurtured between parent and child.

We also respect how vital sleep is in supporting all these needs.

Consultants trained with us are educated in all sleep training methodologies and gain an understanding of how to adapt tailoring solutions that meet parents where they're at and don't compromise on their parenting values.

We are the world's first provider in a consultancy program that focuses on attachment theory.

**Enrol online:**

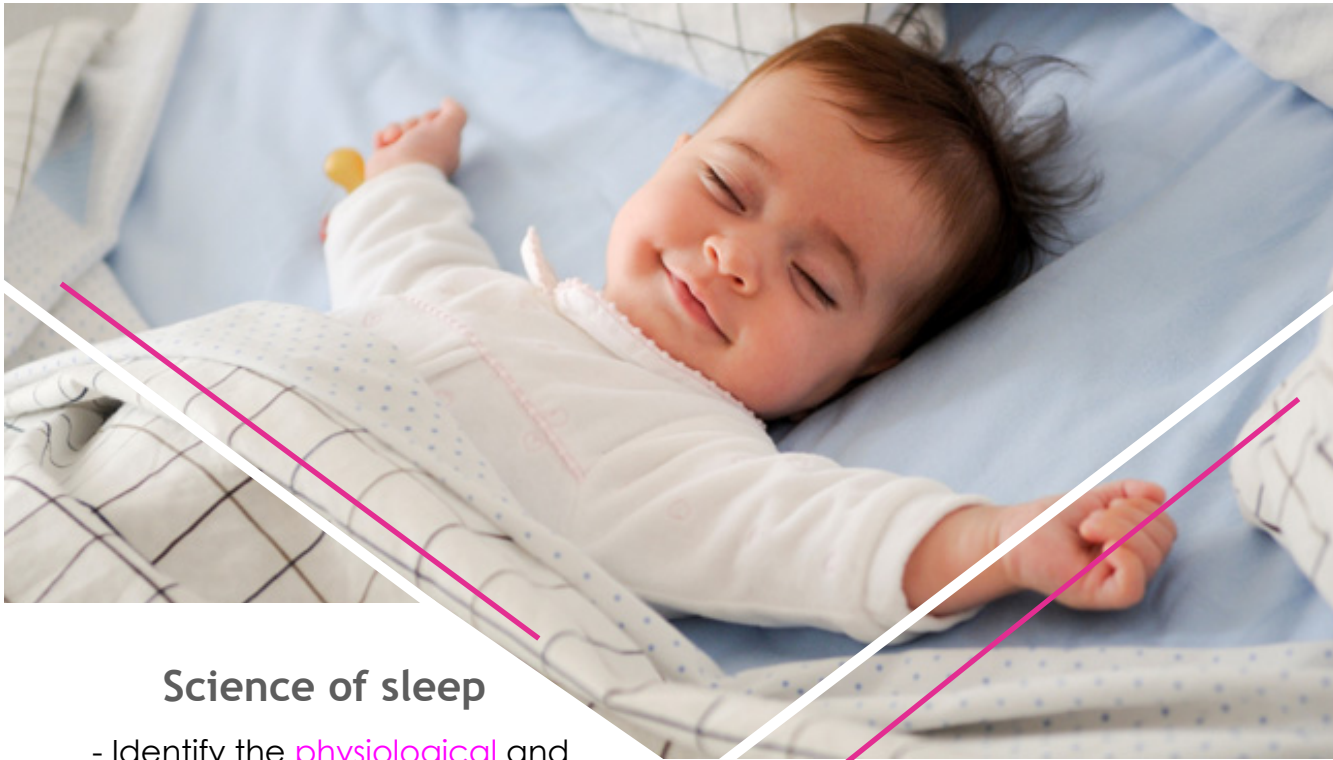
**[www.instituteofsensitivesleep.com](http://www.instituteofsensitivesleep.com)**



## Course Outline



**Institute of Sensitive Sleep Consulting**



## Science of sleep

- Identify the **physiological** and **psychological** science around how humans sleep.
- Identify the difference in sleep cycles for adults and infants.
  - **Cultural** sleep habits.
- Provide education on benefits of sleep.
  - Safe Sleep.
  - Reasons for waking.
  - Newborn & pre birth sleep
- Identify common behaviours, environments and activities that have been proven in **psychological science** to improve sleep health.
- Apply knowledge to incorporate sleep hygiene into a sleep plan suitable for an infant and child.
- How to adapt for families that **room-share** or **co sleep**.
  - Sleep Disorders

## Assessment & Support

- Join our private online support group for peer discussions.
- Receive individual mentoring by phone with our Co-Supervisor.
- Debrief on practice clients with our Founder.

To complete your certification you will submit:

- (1) **Attachment Parenting Essay.** (1000 words).
- (2) **Online Exam.** (open book)
- (3) **Client Summary Report.** (1000 words) (working with 8 practice clients) and client evaluations online.

## Principles of sleep consulting the sensitive way

- Identify the principles of how to approach sleep consulting in a sensitive manner, whereby the client's views are always respected .
- Identify the **emotional wellbeing** issues surrounding infant and child **behaviour** and **parental bonds** relating to sleep issues. Stress effect.
- Psychological Views on **emotion regulation** & How do these approaches translate to sleep training.
- Concept of need for **boundaries** (mental and physical) that help kids feel secure (it's a big world out there) and how to get creative with finding boundary-solutions for families.

## Consulting Skills

- Apply skills of **active listening** and empathy in consultations with clients, and demonstrate ability to guide clients to identifying their issues and solutions.
- **Coping** strategies for parents dealing with sleep deprivation.



### The Business of sleep consulting

- Professional report writing: Identify and present relevant information to be included in a report for client use and referrals to medical professionals.
  - Issues around inflexible plans.
- Review a real life recorded consultation.
  - How to structure a consultation.
  - Materials to include in your consult.
  - Case studies discussed with peers
    - Setting up your own private consultancy including safe practices and suggested policies.
- Working with the flexibility of phone consulting or in-home visiting.

### Bonding / Attachment Theory

- Identify and apply the fundamental ideas of evolutionary **theory of attachment** (psychological construct).
  - Apply methodology of **Attachment Parenting** sleep habits and incorporate positive parenting views to developing a sleep plan approach.

### Techniques & Methods

- Age appropriate routines for sleeping.
- Identify methodology of **all** sleep training methods.
  - Tailor and adapt **sensitive** and gentle concepts considerate of bonding.
- Apply knowledge of sleep training methods and **how to determine which methods** are appropriate for a wide range of situations, child temperaments, parenting styles, etc.

### Developmental Milestones impacting sleep

- How developmental milestones impact on sleep.
- Dealing with behavioural issues such as delay tactics, fighting sleep, fear of missing out.
  - Toddler Tactics.
- Certain development milestones that you shouldn't sleep train through.
- Balancing multiple children's needs.
- Troubleshooting Early Rising and catnapping.
- Minimising night terrors.
- Working with children with special conditions such as Down Syndrome, Autism.
- Self Soothing vs. Self Settling. Science of self regulation

Co-sleeping or solo- sleeping... how to support both

**Enquire about our Professionals Discount**