



Institute of Sensitive Sleep Consulting

Become a Sensitive Sleep Consultant **Course Prospectus**

Come on a journey...

Explore the evidence based research and theories within the complex world of infant sleep. Typically, our Sensitive Sleep Consultant Program takes about six-nine months to complete. You will be guided through the course material, participate in role plays, explore case scenarios and be opened up to thought-provoking concepts whilst having personal access to our Founder. The full program aims to prepare participants to work independently with families as a sleep consultant, or alongside their current role as a parent educator, counsellor, midwife, doula, lactation consultant, child care worker etc.

Whether you want to specialise working with attachment parenting families, or apply a more sensitive approach to working with ALL parenting styles (using alternatives to cry it out), this program is for you.

Suitable for working with infants and children aged 0-5



www.instituteofsensitivesleep.com

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Modules covered include:

- **Psychology & Science of infant and child sleep**
- **Principles of sleep consulting the sensitive way**
- **Identify emotional issues surrounding infant and child behaviour and parental bonds relating to sleep issues**
- **What is 'Clean Sleeping'**
- **Attachment Theory and working with Attachment Parenting families**
- **Sleep training methods and the psychology behind why they work or don't work.**
- **Do we need to sleep train? How to apply sleep transitioning approaches**
- **Newborn sleep**
- **Applying Rogerian style counselling principles to working with tired families**
- **Writing Professional Reports**
- **Developing sleep plans and Conducting Consultations**

Sensitively supporting families to find better sleep **Become a Sensitive Sleep Consultant**



Join the Institute of Sensitive Sleep Consulting to gain lifetime mentoring



Gain confidence to work with co-sleeping families who wish to continue co-sleeping... Or be empowered to sensitively guide those who wish to transition to sleeping alone.

Prepare yourself with skills to determine which methods will best suit unique situations.

Become an expert Baby *Listener*, rather than Whisperer!

The Institute is the only course provider in the industry that focuses on attachment parenting values, and takes on a sensitive approach to all parenting styles. The Institute also proudly offers a mentoring program. Students are mentored throughout the course, with one on one Skype calls and small group sessions online.

Working with the Institute

Upon completion, consultants who align their professional views with the Institute's Core Values, may be offered a contract to paid work with the Institute and choose their own hours. All graduates can work their **own** business.



Core Values

- Being respectful of all parenting styles
- Considerate of the 8 Attachment Parenting values
- Supporting a nurturing relationship between parent and child
- Encouraging breastfeeding and supporting the mother's choices
- Staying up to date on safe sleeping recommendations in particular how to support co-sleeping families who wish to continue co-sleeping
- Attentive listening and empathising with families going through sensitive issues
- Maintaining a high level of professionalism and close support to the client
- Guiding clients through tailored solutions born from a place of understanding and respect



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Flexible learning with one-on-one mentoring with the Founder

Work through the modules at your own pace, with the full support of your mentor. Assessments are due within nine months of beginning the course.

IN-PERSON OR DISTANCE

Students are encouraged to maintain a mentoring relationship with the Founder, either in person or regular telephone/email support to help you grow and flourish as a compassionate professional.

Distance Based Course: \$1290 (will be \$1430)

In-person Based Course: from \$1750

Professional's Discount 10-30% may apply

APPLICATION

Enrol online **www.instituteofsensitivesleep.com**

Program is available across the globe. Fees quoted are in Australian Dollars.

We offer payment plan option (processing fee applies)

All graduates will leave feeling prepared to work independently in their field.

ASSESSMENT

Students will be fully prepared for real world scenarios with the thorough assessment process. Assessment includes:

- Research Report (1000 words)
- Practicum work on at least 8 clients (supervised)
- Client Review Report (2000 words)
- Final Exam