

Infant Sleep Educator Certification

MODULE BREAKDOWN



MODULE 1

Role of Infant Sleep Educators

Introduction to Your Instructors

The Life Changing Role of Infant Sleep Educators

The Landscape of Infant Sleep

Scope of Work of an Infant Sleep Educator

Myths and Reality of Infant Sleep

Informed Choice for Infant Sleep

Sleep Training and Sleep Training Culture

The Science of Sleep Training

Advocacy

Position on Sleep Training

MODULE 2

The Neuroscience of Infant Brain Development

The reality of Mental Health and Physical Health

Neuroplasticity and Critical Periods

Puzzle Pieces of Infant Mental Health: Genetics, Epigenetics, Early life experience

Neurocircuitry of the emotional brain and cognitive brain in infants and adults

Three stages of Infant Brain Development

Reliability, attachment and brain development

MODULE 3

Parenting and Caregiver – Infant Relationships

Parenting Styles and Which are Healthy for the Developing Brain

Attachment Parenting and Eight Principles

Nurture Neuroscience Parenting Ten Principles

MODULE 4

The Neuroscience and Physiology of Infant Sleep

History of Infant Sleep

Neurobiology of Sleep

Unique Infant Sleep: 15 Reasons Why Infants Sleep Differently Than Adults

MODULE 5

Feeding and Infant Sleep

Newborn Feeding and Infant Sleep

Toddler feeding and Infant Sleep

Body Feeding Tips and Tricks

Bottle Feeding Tips and Tricks

Night Weaning and Infant Sleep

Weaning and Infant Sleep

MODULE 6

Infant Sleep Safety and Guidelines

Sudden Infant Death Syndrome

Accidental Suffocation or Strangulation in Bed

Sudden Unexpected Infant Death

Safe Sleep Guidelines to Reduce SIDS, ASSB, SUID

Sleep Environments and Safety

Bed Sharing Safety

Sleep Product Safety

MODULE 7

The Art of Nurtured Sleep

Nurturing Newborn Sleep 0-3 Months

Nurturing Infant Sleep 0-3 Years:

Naps, Trouble Falling Asleep, Night Waking, Early Waking, Changing Method to Fall Asleep,

Changing Sleep Locations, Preparing for Second Baby, Sleep Environment, Contact Sleep,

Nightmares and Night Terrors

Nurturing Adult Sleep

MODULE 8

Infant Sleep Educator Approach to Infant Sleep

Understanding Client Needs

Sleep Education and Preparation

Sleep Issue

Sleep Emergency

Working with Families

Matresence and Patresence

Working with Sleep Issues

Infant Sleep Educator Method

Optimize Sleep by Applying Infant Sleep Science

MODULE 9

Coaching and Resources for Infant Sleep Educators

Coaching Scope

ISE 6 Steps to Coaching

Wheel to Identify Client Needs

Resources for Infant Caregiver Relationship

Resources for Normal Infant Sleep Knowledge and Expectations

Resources for Infant Sleep Optimization

Resources for Infant Sleep Safety

Resources for Infant Medical Red Flags

Resources for Caregiver Wellbeing, Needs, Medical Red Flags

Resources for Caregiver Sleep Optimization

Resources for Caregiver Mental Health

Resources for Relationship Between Caregivers

Resources for Caregiver Support

When to Refer to Professionals

MODULE 10

Sleep Coaching Tools and How to Work

Coaching Topics for Caregivers

Yoga Nidra

Mindfulness

Emotional Intelligence

I have a Client! Now What?

How to work: Sleep Education and Preparation

How to work: Sleep Issue

How to work: Sleep Emergency

MODULE 11

Case Studies and Client Care Practice

Class is devoted to collaboratively working on case studies.

MODULE 12

Prenatal Education Program and Business

Prenatal Class Outline

Starting Your Business

Business Plan

Mission and Vision

What to Charge

Marketing

Elevator Pitch

Website Copy

Guests Include:

Dr Chelsea Pinto, Paediatric Dentist on Breathing Issues and Infant Sleep

Katie , Occupational Therapist on Sensory Processing and Infant Sleep

Dr Eileen Abramiahon on Chiropractic Therapy and Infant Sleep

Dr Joel Warsh MD on Medical Concerns and Infant Sleep

Dr Tracy Cassels of Evolutionary Parenting on Claims of Sleep Training Culture

Laura Brown on Babywearing and Infant Sleep

Gayle Berry on Infant Massage and Infant Sleep

The Smart Cookie Club on Infant Play and Sleep

Katrina Nelson on Multiples, Premature Babies and Postpartum Sleep

Carly Grubb on The Beyond Sleep Training Project

Oren Sofer on Nonviolent Communication

Olivia Scobie on Caregiver Mental Wellness

New Guests for 2021 Include:

Jesseny Rojas, D.O. on Craniosacral Therapy and Infant Sleep

Sepideh Hakimzadeh on Caregiver Mental Health

Dr. Ana Virginia Jofili MD on Medical Concerns and Infant Sleep

