

# STORK ONLINE COURSE FOR PROFESSIONALS

WHAT IS "NORMAL" (AND SAFE) FOR INFANT SLEEP?

# DISCLAIMER

I am not a medical professional. I help families from a behavioral perspective.

This resource is for educational and informational purposes only. It is meant to promote the general understanding of child sleep for anyone who works with families of younger children.

The information contained within this presentation and the resources available are not intended as, and shall not be understood or construed as medical advice or substitute of medical advice.

For medical issues or concerns, encourage your clients to consult their pediatrician or other healthcare provider.

If a child snores or mouth breaths, encourage your client to reach out to their pediatrician, an ENT, or sleep specialist to check for any underlying medical issues that could potentially be hindering their child's sleep.



**MEGAN ROBERT**



# AFTER THE STORK

Infant & Toddler Sleep with Megan Robert

**OWNER OF AFTER THE STORK**



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# OBJECTIVES FOR YOU

- Review of the AAP's Safe Sleep Guidelines with an emphasis on the ones that:
  - Cause confusion.
  - Parents tell me other professionals have either ignored or did not know about when giving them sleep advice.
  - I see influencers and professionals either ignoring or not knowing when sharing information on social media.
- Better understand sleep development in that first year of an infant's life.
- Briefly learn about the five key components that can make or break sleep.

# WHY SHOULD WE REVIEW THE SAFE SLEEP GUIDELINES EVEN THOUGH YOU ARE A PROFESSIONAL?

- Repetition is important.
- Not all professionals that work with young families have gone through safe sleep training.
- I hear about and witness professionals that work with young families suggesting unsafe sleep practices way too often to not discuss it.

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