

# 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.



A woman with brown hair tied back, wearing blue sunglasses and a dark blue lace dress, is smiling and looking to her left. She is standing next to a field of tall sunflowers. In the background, a paved road with yellow lines runs diagonally across the frame, and beyond that, a dense forest of green trees covers a hillside under a clear sky.

**MEGAN ROBERT**





# AFTER THE STORK

Infant & Toddler Sleep with Megan Robert

**OWNER OF AFTER THE STORK**



A romantic wedding photograph of a couple kissing on a beach at sunset. The bride is wearing a white lace gown and is barefoot, while the groom is in a maroon suit. They are standing on the sand near the water's edge. In the background, there is a calm body of water, a distant pier, and a colorful sunset sky. A light blue banner with white text is overlaid on the bottom left.

**JUST MARRIED MY BEST FRIEND**



A long-haired dog with tan and grey fur, identified as Maggie, is sitting in the passenger seat of a car. She is wearing a green sweater and a red collar with a tag. A person's hand, wearing a green watch, is resting on her back. A blue surgical mask is visible in the background. The car's interior is dark, and a red cup is partially visible on the right.

**MAGGIE**





**MOLINA**



A ginger and white cat, identified as Todd, is looking out from a window. The cat has a white body with ginger patches on its head and ears. It is sitting on a grey concrete surface, with its front paws resting on the window sill. The background is a plain grey wall. A small green plant is visible in the top right corner.

**TODD**





**BETTY**





**EVELYN & JUDY**





**STOPPED NAMING**





TOO MANY TO NAME





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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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