

# Sleep Educator VS.

# Sleep Trainer



## THE PHILOSOPHY

From a developmental approach, Sleep Educators educate on what is normal, healthy and optimal with infant and toddler sleep. We know that with babies, night waking is appropriate and helps reduce SIDS. Our approach is in line with AAP recommendations to room share for the first year (1), and the overwhelming research from the University of Notre Dames' Mother-Baby Behavioural Sleep Laboratory that highlights the importance of night waking for infants (2). Sleep Educators dig in to find out the underlying causes to the parents' frustrations, and work with the parents to remedy them.

## RESULTS TO EXPECT

Most change efforts fail because parents often have unrealistic expectations and are led to believe sleep can be addressed in a vacuum. Sleep Educators are trained in a systematic approach for change where it makes the healthiest impact – the parents.



## THE PHILOSOPHY

From a Behaviourist approach, sleep trainers typically focus on reducing night waking for baby by changing or adjusting their behaviour. Sleep Trainers believe babies must learn to fall asleep on their own or self soothe, often this requires crying or controlled crying.



## RESULTS TO EXPECT

A 2014 study that looked at 411 families found that sleep training, using cry-it-out or controlled-crying, eliminated night waking in just 14% of cases. Anecdotally, we see many families reporting success, but there are a few glaring issues:

- What is one's definition of "success"?
- For how long did baby cease to cry once training was "successful"? What happened when baby got ill? How many times in the first year would the sleep training need to be repeated?

## WHAT YOU GET

A unique Sleep Strategy Package which outlines issues and areas of opportunity, and many holistic solutions for the family to implement together.

## IMPACT ON LIFESTYLE

Families are coached to solve issues that crop up after a baby's entrance into the household. This major life shift is no joke! Parents are looking for ways to pursue their interests, have time for each other, and feel well in mind, body and soul! There are many ways this can be accomplished without compromising a baby's nighttime needs. In daily life, since baby is cued by their caregiver for sleep and not relying on stuffies and false attachments, they can often sleep anywhere, and are generally flexible, easy travellers. (3)

## VIEW OF CHILDREN

Sleep Educators view babies and children as human beings at their most vulnerable, and treat them as such. We ask parents to pose their questions looking through the eyes of their children, or flip the scenario to providing care for the elderly. How would you wish to be treated if you lacked the capacity to self-soothe? (5) We know emotional regulation is not possible until late toddlerhood or later, once the hippocampus and prefrontal cortex have developed some maturity. (7)

## WHAT YOU GET

A Sleep Training Plan which gives instructions on how to reduce comfort and nighttime parenting so that baby or toddler can eventually go to sleep without parental comfort.

## IMPACT ON LIFESTYLE

When following a sleep training plan, babies must get used to their routine and nursery, which can impact a family's schedule (need to be home at nap and bedtimes everyday) and put travel plans on hold, unless they are willing to re-train the baby after routine has been interrupted. (4)



## VIEW OF CHILDREN

Sleep Trainers feel that infants can self-soothe and do so by sucking their fingers for example, and that with appropriate conditions, they can learn the skill of self-regulation, and will need minimal or no assistance at night once this skill is learned. (6)

# References

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