



# Sleep Solutions Workshop

*Ann Douglas and Tracey Ruiz*

## **The Sleep Solutions Workshop: Moving Beyond Sleep Guilt to Parent Empowerment and Healthy Sleep Choices**

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### A family-centered approach to sleep

- Respects the fact that all human beings need sleep: parents and children
- Emphasizes age-appropriate infant care practices and parent self-care
- Reflects the day-to-day realities of your family's unique situation
- Is in synch with your parenting style

### Your child is a person, not a sleep statistic

- Your child is at a particular age and stage of development

### Your child has a unique temperament

- Your child has other unique characteristics that may impact on his/her sleep

### You are a person, not a sleep clinician

- You have unique worries and concerns about parenting and sleep
  - Your parenting history
  - Your life history
  - Other things that are going on in your life
- You and your partner may not necessarily see eye-to-eye about sleep
- You may be surprised by what other emotions your feelings about sleep elicit



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How urgent is your family's sleep problem?

Concern, problem, or emergency?

Does now mean now?

The various sleep training "methods"

The science and psychology behind the major methods

Moving from sleep guilt to parent empowerment

Common sleep issues, worries, and concerns

Bedtime resistance

Night-waking

Early-risers

Nightmares, night terrors

Flexibility and consistency: finding the balance

Question and answers

Resources

[www.sleepdoula.com](http://www.sleepdoula.com)

[www.sleepsolutionsbook.com](http://www.sleepsolutionsbook.com)

[www.motherofallblogs.com](http://www.motherofallblogs.com)

