

Infant Sleep Workshops for Practitioners



The Durham Infancy & Sleep Centre research team offer full or half day training workshops for health and child-care professionals and peer-supporters who would like to learn more about infant sleep, and update their evidence-based practice.

Choose talks from:

- Normal Infant Sleep Development, Breastfeeding & Infant Sleep,
- Co-sleeping & Informed Choice,
- Understanding SIDS & Infant Sleep Safety,
- Helping parents cope with infant sleep
- Sleep, Baby & You – the Possums sleep approach for the UK

Plus interactive group exercises and discussions such as:

- Cultural beliefs about infant sleep
- Assessing knowledge and origins
- Case studies
- Where to find resources and tools

For more details email basis@dur.ac.uk

We offer

- Half-day workshops for small groups (8-10 people) in Durham at our research centre (£50 pp, min £400);
- Half or full-day workshops for larger groups (20-40 people) in Durham or vicinity (£20 - £35 pp).
- Half or full-day workshops around the country capped at 40 people per session for £475/£875 plus expenses (travel, accommodation, meals for 2 staff).
- Invited lectures of 60-90 minutes at your study day or conference. POA.
- Bespoke workshops for parents (contact us with your requirements, POA).

Basis

Baby sleep info source

www.BasisOnline.org.uk

Workshop proceeds are used to support DISC research and the Baby Sleep Info Source.