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Mid North Coast Local Health District

Sleep and settling with Tresillian

FIRST 2000 DAYS

Webinar Series

Session 5#

NSW GOVERNMENT Health
Mid North Coast Local Health District

blue sky community services

Artwork acknowledgment Kyara Fernando - KyDezignz

Learning objectives

- Increase your knowledge of *early parenting challenges: sleep and settling*
- Increase your knowledge of referral pathways *to Tresillian services*
- Increase your confidence to engage in conversations about *sleep and settling with parents* ***(parent = caregiver)***

”If we value our children we must cherish their parents” - John Bowlby

Tresillian
COFFS HARBOUR
It's in our nature to nurture

Tresillian - Early parenting support and advice:

Tresillian
COFFS HARBOUR
It's in our nature to nurture

Tresillian services - model of care

WHAT WE DO?

WHAT WE DON'T DO?

Todays focus, sleep and settling and…?

What would you like to get out of todays session?

What are your strengths as a parent?

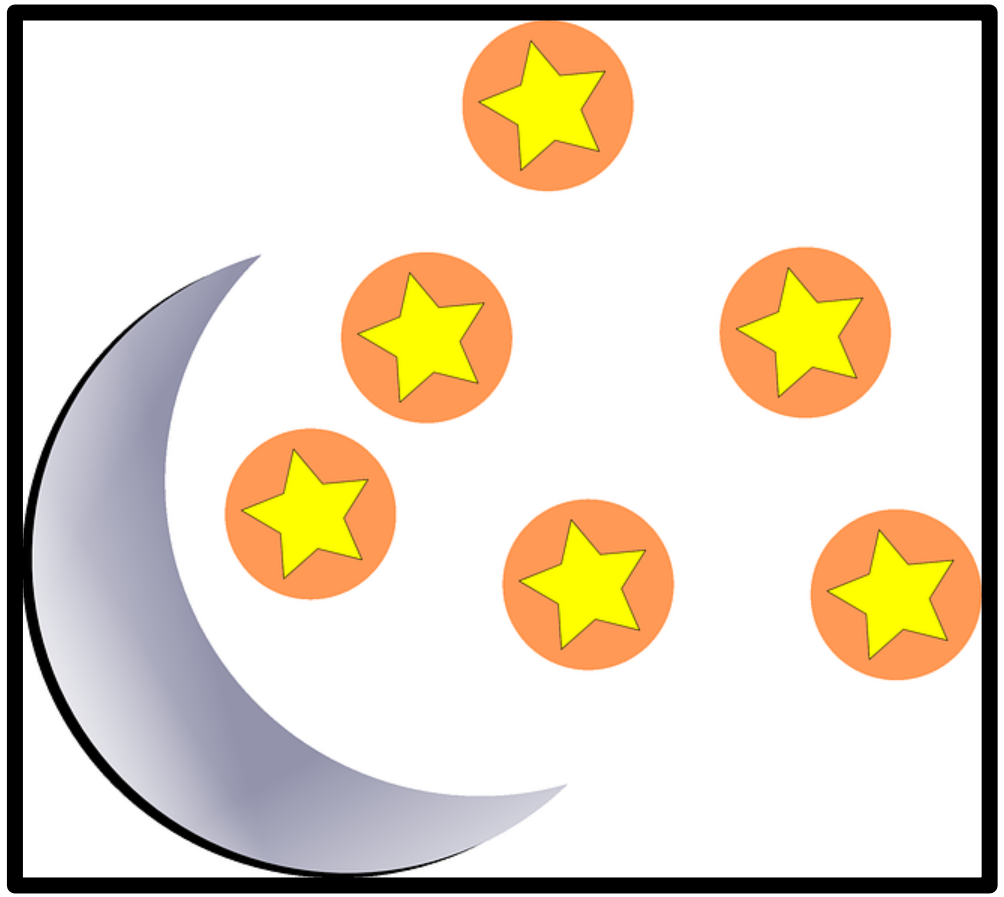
For those who are not parents, think about a close relationship you have with another person who is important to you -

What are your strengths in this relationship?

Supporting sleep and settling -babies and infants

Sleep and settling -babies and infants

Supporting sleep: Day – night rhythms



Supporting sleep – daily rhythms

Infants give many small, non-verbal cues.

Careful observation of infant cues will help

Infants are more likely to fall asleep when they have their physical and emotional needs

Awake/sleep guidelines

Newborn to 6 weeks:

- Infants may have 6 - 8 periods of sleep, lasting 2- 4 hours each (around the clock).
- Awake periods = 1 to 2 hrs at a time

6 weeks to 3 months

- Infants may have one period of sustained sleep overnight of 4 - 5 hours.
- Infants may still have 1 to 3 brief awakenings.
- Awake periods = 1 to 2.5 hrs at a time

3 - 6 months

- Infants may have develop a predictable day-night rhythm.
- Night time sleep has lengthened to 5-6 hours. Infants may still have 1 to 3 brief awakenings.
- Awake periods = 2 to 3 hrs at a time

Awake/sleep guidelines

6 months to 12 months:

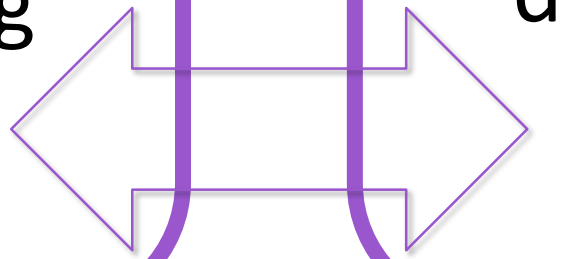
- 2 - 3 naps during the day of varying lengths of time. Cue based. Ability to sleep for a 6 hour stretch at least once a night.
- Infants may still have 1 to 3 brief awakenings.
- Awake periods = 2 to 4 hours at a time

12 months - 24 months of age:

- Night time sleep and self- settles increases for 8-12 hours.
- 2 x day time naps up to 2 hours - will decrease to 1 x day nap during second year
- Awake period = 3 to 4 hours at a time

Parenting experiences and beliefs ?

You are going to spoil a baby by holding/cuddling them too much



Responding sensitively to a baby/child helps develop a sense of being loved

Getting to know you - Infant cues

Getting to know you- Infant cues

Infant cues/Individuality – diversity

Key messages

- All parents want the best for their baby/infant
- There isn’t a one size fits all approach to sleep challenges
- **Sleep is a developmental need for babies/infant**
- **Sleeping, feeding and socialising are supported by day and night rhythms**

Case study –
Parents Ally & Nathan, baby Amity 9 months

Baby Amity (9 months) has been waking each night up to 6 - 8 times, Ally is exhausted and states the only way to get baby Amity back to sleep is to breastfeed and then rock in arms. The frequent night waking has been an issue for around 4 months.
Baby Amity usually sleeps in the car in the day time or otherwise being nursed by Ally and kept in arms, occasionally can be transferred to the cot but wakes within 20 minutes. When awake baby Amity is constantly grizzly and ‘wanting attention”

Baby Amity has had good weight gains and nil concerns with development.

Ally’s family have offered help in the day time and describes baby Amity as ‘clingy, a stress head’ and ‘highly strung’.
A friend’s baby has been sleeping through the night since aged 4 months
Amity's dad Nathan try's to help overnight but Amity cries for Ally and insists on needing a breastfeed to go back to sleep. Nathan has also tried to help with settling in the day time too, but Amity becomes distressed.
Ally reports increasing anxiety and is often teary and feeling overwhelmed.
At night when Amity is asleep Ally finds it hard to sleep herself, Ally is unsure what to do?

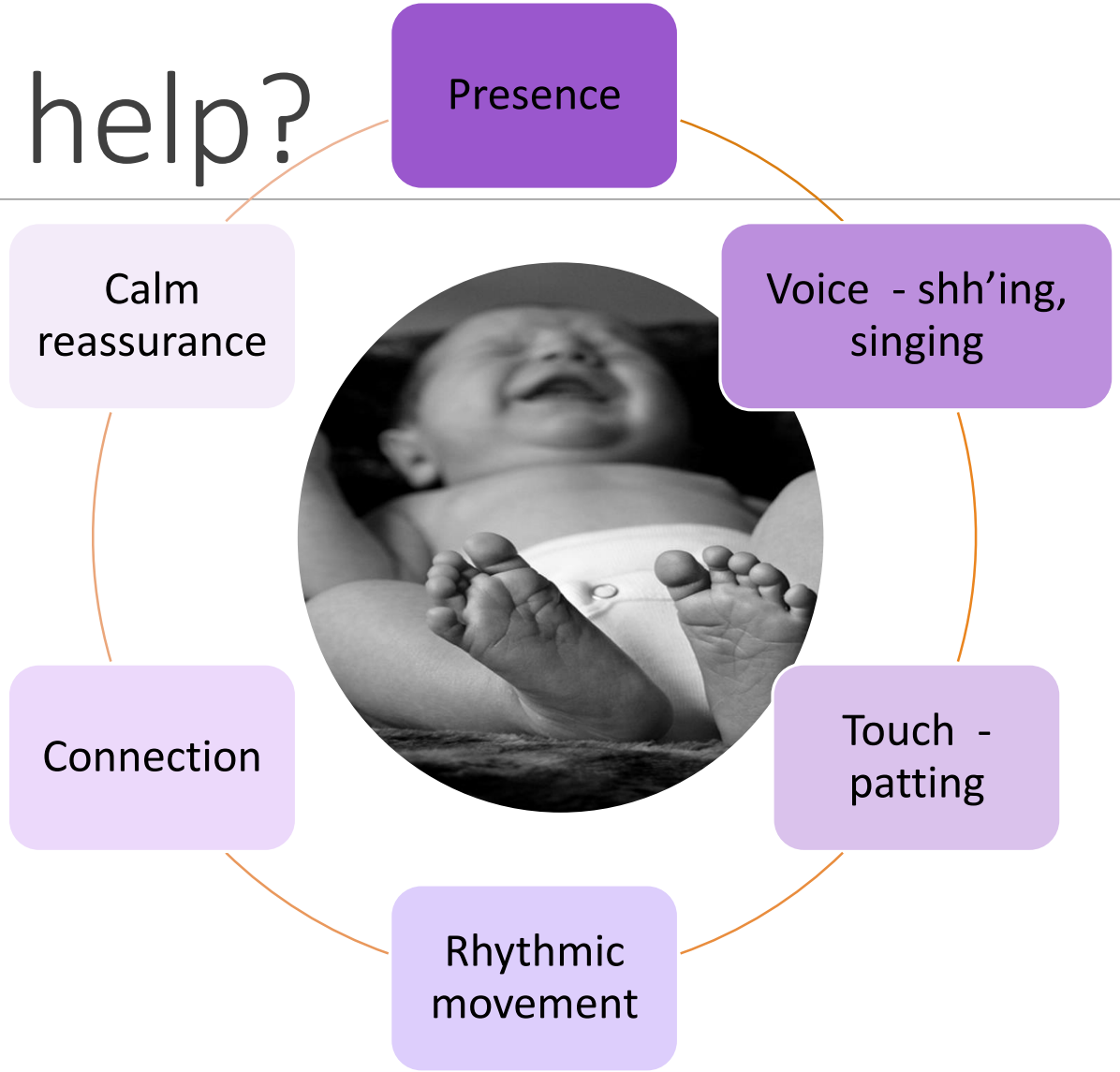
Discussion points

1. How is Ally supporting baby Amity's settling?
2. What pattern of sleep would you be expecting at baby Amity's age 9 months?
3. What are the negative impacts of Ally and Amity's sleep issues?

Baby Amity and family

Who has the problem…..?

What can help?



General support and advice

Repetition to soothe

Transition to sleep

Strategies for settling

Responsive settling

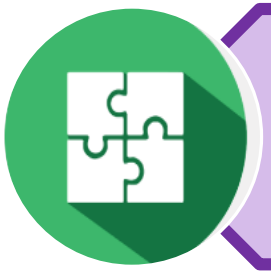
Soothe in arms

Hands on settling

Caregiver/parents emotions

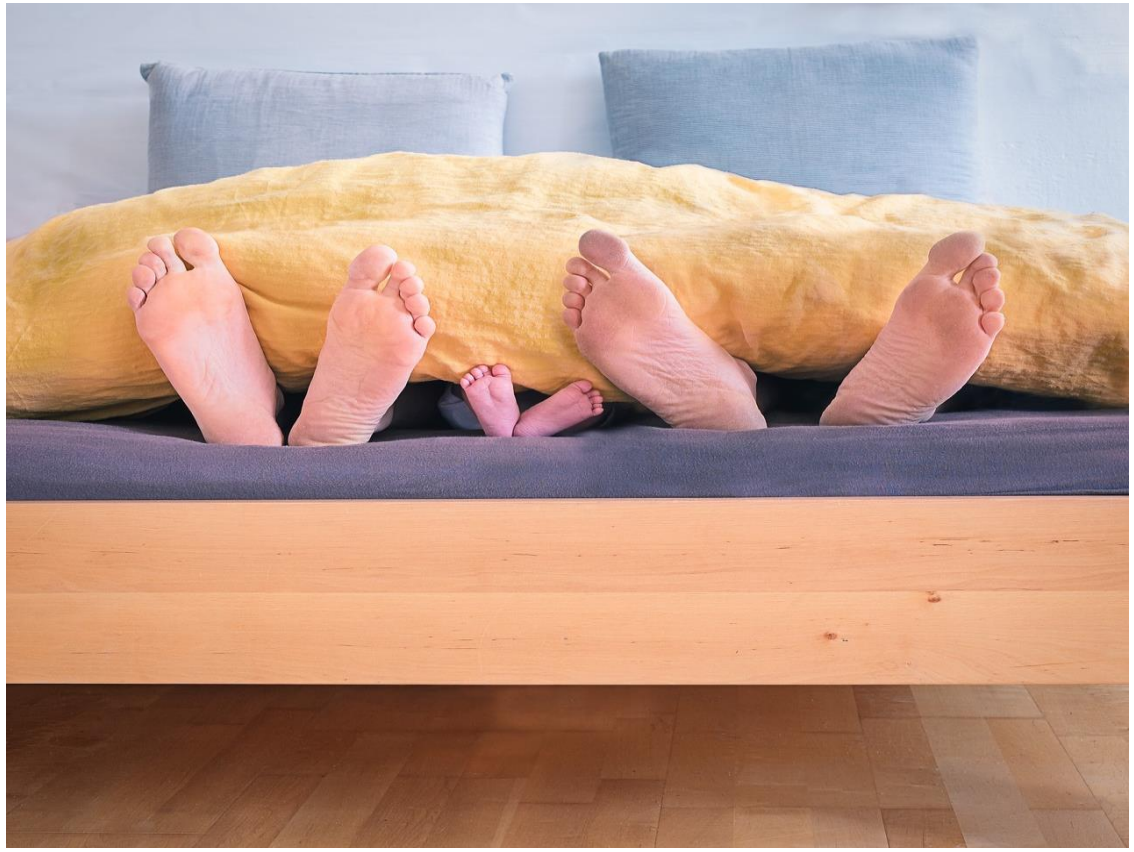
‘Being with’

Feelings



Behaviours

Co sleeping & bed sharing



https://raisingchildren.net.au/guides/a-z-health-reference/sudi

What about using dummies/pacifier ?

What support is available?

Day Services Coffs Harbour & Tresillian 2U

Virtual Parenting Residential Service

Macksville Residential Unit

When & how to refer to Tresillian ?

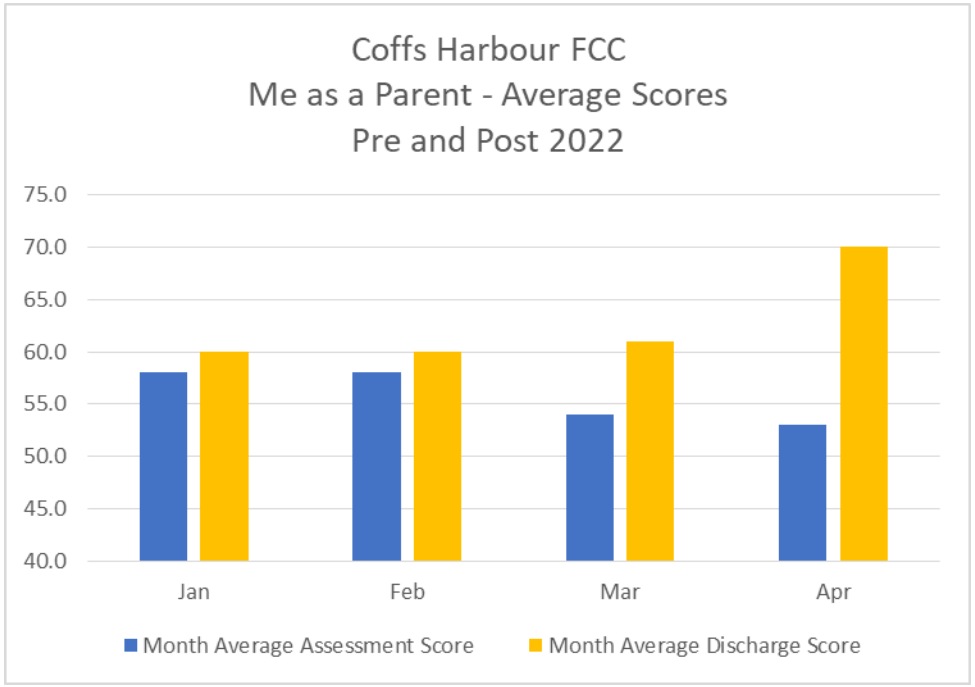
Tresillian website *https://www.tresillian.org.au/*

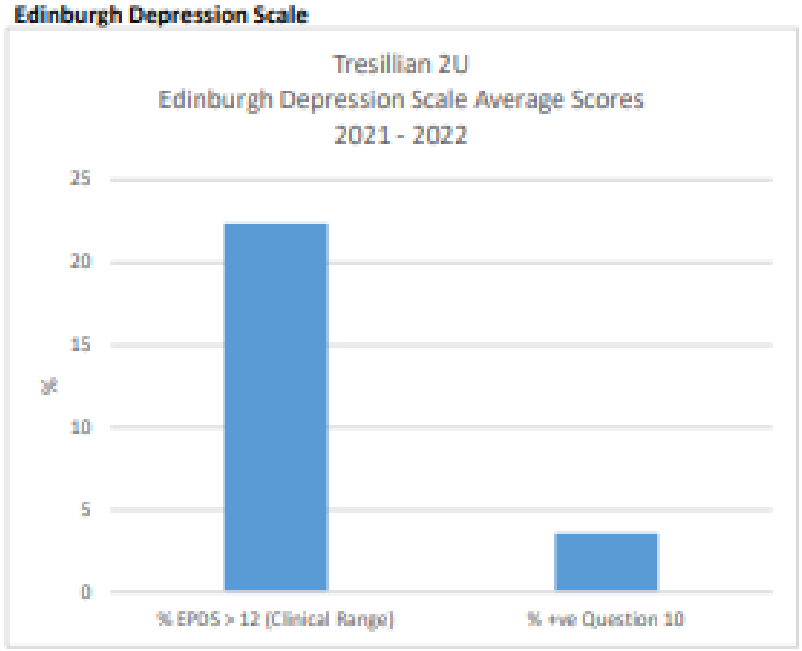
What local support is available to support our Aboriginal communities?

Artwork acknowledgment Kyara Fernando - KyDezignz

What local support is available to support our CALD communities?

Local data


Coffs Harbour FCC
Me as a Parent - Average Scores
Pre and Post 2022
75.0
70.0
65.0
60.0
55.0
50.0
45.0
40.0
Jan
Feb
Mar
Apr
Month Average Assessment Score
Month Average Discharge Score


Edinburgh Depression Scale
Tresillian 2U
Edinburgh Depression Scale Average Scores
2021 - 2022
25
20
15
10
5
0
% EPDS > 12 (Clinical Range)
% +ve Question 10

Raising Children network -

Parents talk about encouraging baby sleep

https://vimeo.com/277008929

References and resources

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Pixabay photos free https://pixabay.com/images/search/parents%20and%20child/

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Stockton DA, Fowler C, Debono D, & Travaglia J. (2021) World Health Organisation building blocks in rural community health services: An integrated review. *Health Sci Rep*. 2021:4:e254

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University of Washington: Parent-child relationship programs at the Barnard Center, (2014) *Keys to infant caregiving program https://www.pcrprograms.org/product-category/keys-to-caregiving-program/*

Questions or comments

Contact

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For parents & families advice and self referral

- Tresillian Parents Helpline 1300 272 736 (7 days a week 0700am - 11.00pm)
- Can call our local centre at Coffs Harbour 02 66911 912 Monday - Friday