



## **Start Your Summer Off Right By Getting Good Sleep Habits in Place Now**

People put off correcting their child's sleep because of fear of crying or because they don't know what to do. Sleep training often gets a bad reputation because people, while well intentioned, do not understand how sleep works and do not implement sleep training correctly. This often results in a lot of crying and no improvement in sleep. There have been over 30 does since 2007 showing how poor quality sleep has such a negative and harmful impact on a child's temperament, behavior and ability to learn. Not doing anything is often worse than learning how to correctly adjust sleep.

There is a real cost to both the parents and child when everyone in the family isn't sleeping well. Lack of sleep is an official form of torture and activates a person stress system. Lack of sleep in both children and adults reduces memory, reduces frustration tolerance and generally makes people cranky. For adults who's child isn't sleeping well this can result in a loss of productivity at work and reduced ability to manage frustration. Children who are not sleeping well will appear to be more cranky, hyper and aggressive. Our program will demystify sleep training and give you the confidence you need to address your sleep problems.

There is also a real benefit for parents expecting a baby to learn about sleep and to learn about sleep evolution. There is no need to worry about creating sleep problems before 16 weeks age, however you need to know what to do and what not to do when crossing that 16 week mark. Our workshop will give you tools to avoid sleep problems in the future and how to correct the most common ones that are likely to happen.

Ms. Fontana, MS, NCC, CTRT and lead therapist at All in the Family Counselling will use an evidence based approach to teach parents about sleep.

This 2-hour Workshop on how to properly sleep train your child based on clinical research on how sleep and brain development impacts a child and their sleep.

### **Outcome of Workshop:**

- Teach you about child development as it relates to sleep
- Understand how brain development affects sleep in a child
- Clarify if attachment is impacted by sleep
- Educate you on how sleep works so that when you correct the sleep problems you'll understand the "how's" and "why's" of what you are doing
- Give you trouble shooting skills so that you can problem solve in the event of illness, jet-lag and as a child matures.
- Discuss in detail the 3 evidence based approaches to sleep training
- Q&A to discuss any questions you have on your sleep training choice.

### **Topics Covered**

- Identify the 4 common sleep problems
- Sleep Training Options
- Reasons why sleep training fails
- Transition from cot to big bed
- Jet lag

**This is an English only Workshop, there is a lot of information given in a short time, so no children are allowed at this workshop as it'll require your full attention.**

### **Location of Talk:**

55 Market Street, Level 10. Next the Bank of Singapore Building in the heart of the CDB. The workshop location is a 3 minute walk from the Raffles Place MRT.

### **Date:**

- June 14, 2012

### **Start and end Time:**

- Start time is 1230pm
- End time: 230pm

**If you'd like to be notified of the next one, please send email to [tammy@allinthefamilycounselling.com](mailto:tammy@allinthefamilycounselling.com) In subject line: Future sleep training workshop**

Tammy M. Fontana, MS, NCC, (USA) is the owner of **Babysleepfairy.com**, a sleep consulting company and the lead therapist at

**All in the Family Counselling**

(

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

). For over five years, Tammy has been helping parents around the world establish good sleep habits and provide solutions for those parents who are struggling with their children's sleep. Tammy has been featured in Mother & Child magazine and Channel 5 News Asia. She provides evidence based training and action plans for parents that need sleep help and other mental health counselling services.

## **Client Testimonial**

Dear Tammy            It has been almost 3 months since my son was sleep trained. I want to say a big big thank you for the help and guidance ;) Most importantly, I got back my sleep and precious moments with husband.

My son has been coping well during bed time and most importantly, when it is bed time, I will ask him "Are you tired? Do you want to go to bed?"

Amazingly, he will respond by running to his room! No more bed time struggle for me ;)

We have noticed that he sleeps longer during nap time after he is sleep trained. He used to take only half an hour nap but now he will take 2 hours nap. This also

indirectly improve his behaviour. He used to be very cranky (I think due to interrupted night sleep and short nap time) ;)

Mummy