

Sweet Sleep Academy

Pediatric Sleep Consultant Course Outline





What is Sweet Sleep Academy?

After practicing for nearly seven years, I had the desire to build a program that helped others pursue their passion of helping families and fulfilling their purpose. Becoming a sleep consultant changed my life, and I wanted to give that gift to others while teaching them everything I learned along the way! This is when Sweet Sleep Academy was born, in 2019, as an online certification program for pediatric sleep consultants. Since launching, we have certified over 200 individuals and helped them on their path to launching their business as a sleep consultant! At Sweet Sleep Academy we are not just a program focused on sleep training. We believe that there are many parts that play important roles in pediatric sleep, which is why we take a holistic approach. We look at the whole picture of pediatric sleep rather than simply one or two parts.

Sweet Sleep Academy is for those who are passionate about helping parents + babies and are ready for a thriving career without having to sacrifice family time, wanting to expand education and become an expert on child sleep in order to service families, communities, and organizations, and are ready for more flexibility and time in their schedules.



What makes us different?

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Throughout our training you will learn many different approaches to sleep, with an emphasis on our holistic approach which focuses on the sleep profiles and the child's temperament of sleep. This helps to ensure that you are able to meet each child where they are, rather than applying a universal approach or method (which we know is not effective).

We are also leaders in our industry when it comes to our mentorship program. Following graduation we want to ensure you have the tools to thrive in this profession, which is why we offer weekly group mentorship, a closed Facebook group for graduates, and continuing education throughout the year.



MEET RACHEL

Lead instructor and Founder of
My Sweet Sleeper & Sweet Sleep
Academy



Rachel Mitchell is a certified Pediatric & Maternity Sleep Consultant, published author, and mom of seven. Since starting My Sweet Sleeper and Sweet Sleep Academy, she has worked with thousands of families all over the world and has had the opportunity to help their families get better rest. With the launch of her certification program and brand, Sweet Sleep Academy, Rachel has merged both of her passions...helping families get better sleep and helping sleep consultants build their businesses!

Rachel's Credentials- Rachel was certified as a Maternity and Pediatric Sleep Consultant in 2013 and holds a Bachelor's degree from UMass Amherst in Interdisciplinary Studies with an emphasis in human and child development. Rachel has written over 100 sleep related articles in publications such as the Huffington Post, Motherly, and The Bump. She is also currently the resident sleep expert at Motherly and serves as an advisor for several child focused brands.

MEET LAUREN

Manager of enrollment and
SSA instructor



Lauren is originally from Toronto, Canada but has lived in Munich, Germany since 2010 with her husband and two daughters. She completed her Bachelors of Music Therapy in 2008 and went on to obtain her Masters in Education from the University of Glasgow, Scotland. She has worked in a bilingual elementary school for the last ten years in various positions including teaching assistant, music teacher, classroom teacher and is currently the vice principal of the school.

Lauren found her passion in pediatric sleep after struggling with her own daughter's very frequent night wakings when she was about 4 months old. She completed the Sweet Sleep Academy training program at the beginning of 2021, and in addition to working as a sleep consultant helping families get good quality sleep, she is the Assistant Teacher for the program and manages the enrollment for the Live and Self-Paced courses.

WHAT TO EXPECT

Learn from the most educated and experienced experts in the field as you are guided through this thorough and detailed training. At Sweet Sleep Academy it is our goal to guide you through all topics related to pediatric sleep so you feel confident when working with all types of children newborn-5 years old.

Both our live and self-paced training, contain 10 modules which include a module booklet (pdf), video recordings, a quiz to test your knowledge of each subject, and additional resources.

Below you will find a breakdown of each module and the topics covered.



Module 1

Introduction to Sleep Consulting as a Profession

Topics Covered...

- Introduction to the program
- What is a Sleep Consultant?
- The Sleep Consultant Community and Associations
- What is Sleep Training?
- Common methods and well known sleep experts
- Challenges and controversies of specific methods and approaches to sleep
- Our approach to sleep and philosophy
- What guides our approach
- Our company values
- Citations

Module 2

Pediatric Sleep Science

Topics Covered...

- The importance of sleep and role of sleep in children
- The effects of sleep deprivation
- Sleep Stages & Cycles
- Circadian rhythm & Sleep hormones
- How much sleep do we need?
- Pediatric sleep disorders
- Citations/articles to go deeper

Module 3

The Foundations of Sleep

Topics Covered...

- What are foundations of sleep?
- Sleep environment & SIDS in the first twelve months
- Common safe sleep FAQs
- Nutrition and sleep (0-5 years)
- Nap & bedtime routines (0-5 years)
- Schedules and awake windows (intro)
- Citations/going deeper

Module 4

Sleep schedules & Awake windows

Topics Covered...

- Awake windows and schedules overview
- Newborn awake windows and sleepy cues
- 4-6 month old awake windows/schedules
- 7-9 month old awake windows/schedules
- 10-18 month old awake windows/schedules
- 18 months+ awake windows/schedules
- Schedules and cultural differences
- Early risings and how to manage them
- How to identify sleepy cues
- Citations/going deeper

Module 5

Soothing & Sleep Teaching Approaches with infants

Topics Covered...

- Soothing & Sleep Teaching Methods
- Effective methods to soothing your newborn
- Sleep teaching with your infant: Is it needed and how to approach it with families
- Our view on crying
- Sleep teaching with multiples
- Common questions in the sleep teaching process
- Citations/going deeper

Module 6

Sleep associations and teaching with toddlers

Topics Covered...

- How to approach sleep in the toddler stage
- Setting and maintaining boundaries
- Common issues in the toddler stage: nap rejection, night wakings, early risings
- Separation anxiety
- What are sleep associations + common myths
- School-aged sleep disturbances
- Citations/going deeper

Module 7

Pediatric development, milestones, and regressions

Topics Covered...

- Introduction to child development and milestones
- Newborn development and milestones
- Infant development & milestones
- Toddler development & milestones
- Transitions-crib to bed
- School-aged progressions
- Additional regressions
- Developmental delays and syndromes
- Citations/going deeper

Module 8

The business of sleep consulting introduction

Topics Covered...

- Working with clients and families (intro)
- What to expect when working with clients
- How to effectively communicate with clients
- Setting available hours
- How to avoid burnout
- Dealing with emotional conversations/clients
- Postpartum depression overview
- Working with foster, adoptive, and children with trauma
- Citations/going deeper

Module 9

Setting up your business

Topics Covered...

- Where to start when setting up your business
- Types of pediatric sleep offerings and packages
- Taking payments
- Analyzing sleep logs and plans
- How to help parents get on the same page
- Code of conduct and copyright
- Mandatory reporting
- Citations/going deeper

Module 10

The business of sleep consulting–marketing and gaining clients

Topics Covered...

- How to build a website and understanding website analytics
- Scheduling software
- Social media–where to start
- Online and grass-roots marketing
- Branding and creating content
- Keeping track of clients and organization
- Leveling up your brand
- Where to go from here!

Graduation requirements

Step one

Finish all of the required coursework:

- Watch all videos and read pds
- Complete each module quiz and assignment
- Complete final exam and case studies

Step two

Complete practicum hours:

- 50 total hours including live observation and recorded consultations, attending mentorship calls, conducting volunteer hours

Step three

Receive your certification!

Once you complete your coursework, hours, and payment, you will officially graduate and start your journey as a pediatric sleep consultant! You will also be added to our group mentorship program and Facebook group for graduates

Testimonials

"This has been such a great journey, filled with support every step of the way. So happy with my decision to become certified via MSS, and I can't wait to see what's coming next my way!"

"I have been so deeply impressed by this program! I've researched and heard about other programs and I truly believe Sweet Sleep Academy is the most comprehensive program out there. It not only supports through learning about sleep, but also through creating a business"

"Rachel's love and passion for sleep teaching is evident in her interactions and presentations. She is very generous with the information she shares from a Sleep teaching and also a business standpoint - very helpful. Lauren is amazing support and her love of sleep teaching also shines through. I have learned so much from them as well as the other Senior Sleep Consultants. I am grateful that I chose My Sweet Sleeper"

Ready to join us?

We are excited that you are thinking about joining our self-paced or live sleep consultant training. If you are ready to start your journey, reach out to one of our team members, or sign up online to get started! This is such an exciting time and we are here to support and encourage you along the way!

LET'S DO THIS!

RACHEL@MYSWEETSLEEPER.COM

