

Community Education Service

Improving emotional health and wellbeing

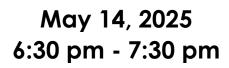
The Science of Newborn Sleep:

Unlocking Gentle Sleep Foundations (0-4 Months)

Mary MacLeod, MSc, Community Health, Cumming School of Medicine, Director of Research Family Sleep Institute, Founder of De Somno, Member of – International Pediatric Sleep Association, Behavioural Sleep Medicine Association, International Association of Child Sleep Consultants

This presentation will review:

- **Understanding Newborn Sleep Patterns** Newborn Sleep Cycles, the role of active vs. quiet sleep, and why short sleep stretches are normal.
- **Biological Sleep Foundations** Gentle ways to support healthy sleep habits, and establishment of baby's circadian rhythm.
- **Gentle Soothing and Sleep Strategies** Responsive techniques, white noise, and cues to encourage sleep.
- **Common Sleep Challenges and Solutions** Managing day/night confusion, short sleep, colic, and practical tips to improve sleep for baby and you.



Click here to register

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta**.

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