

CERPS registry number 321006K

Sleep Coaching (Mini) Course Certificate of Completion



1 Day Course

- The context of sleep, sleep training culture, attachment and communication
- Safe sleep, bedsharing, infant feeding and feeding challenges that affect sleep
- Respectful sleep strategies at different ages, naps and early rising
- Behaviour temperament and parenting
- Colic, reflux, nutrition, allergies, eating and health challenges
- Mental health and anxiety
- Sensory differences, neurodiversity and special needs
- Co-creating sleep strategies with families and case-based learning
- 6 month membership to the Lyndsey Hookway private mentorship group

Awarded to Joanna Michelle Coulthard Date June 2022

Lyndsey  Hookway
Speaker | Author | Mentor