



Holistic Credentials

2019 – Present **BA (Hons) Child and Youth Studies**
University of Highlands and Islands

I am a current student in my third year, this year I have concentrated my studies on promoting and enhancing parenting and developmental psychology.

2022 **Alberta Brain Story**

20-hour CPD

- Brain Architecture
- Attachment
- Toxic Stress
- Children's Mental Health,
- Child Temperament, Anxiety & ADHD
- ACEs
- Childhood Experiences on PTSD and Depression
- Addiction & the Brain,
- The Effects of Toxic Stress, Addiction, & Depression on Parenting
- Addiction Treatment
- Using the Science of Early Brain Development to Build Resilient Children, Families & Communities

2022 **Open Learn – Understanding ADHD**

12-hour CPD course exploring the experience of ADHD from the perspective of those diagnosed with the condition, and those who care for them.



and educational setting (School and Nursery) and 2 days per week at college with tutor led training.

- Leadership starts with me
- Care in contemporary society and contemporary families
- Health, wellbeing and safeguarding
- Lifespan development theoretical approaches
- Individual Project – Positive Touch
- Support for play learning and development
- Working with children 3-6
- Supporting children's and young people's behaviour
- Promote effective communication, Language, Literacy and Numeracy
- Promote health, safety and security in the work setting
- Develop your practice through reflection and learning

2018

**Holistic Sleep Coaching
ONC London Accredited at Level 6**

A 12-week programme (over 90 hours training), which focuses on supporting and empowering parents. It provides education on gentle strategies (based on evidence), which never involve leaving babies to cry alone. It is accredited with Open College Network London at Level 5.

In this programme I have worked with a team of leading industry specialist such as:

- Amy Brown, Professor in Child Public Health in the Department of Public Health, Policy and Social Sciences at Swansea University, UK
- Helen Ball Professor of Anthropology at Durham University, England, where she runs the Parent-Infant Sleep Lab,
- Dr. Kendall-Tackett who is a health psychologist and International Board-Certified Lactation Consultant,
- Dr Robin Fawcett who is a family doctor with a special interest in integrative health and child wellbeing.



- Medical historian and health educator Maureen Minchin
- Shel Banks IBCLC and Infant Feeding Specialist
- Lyndsey Hookway, who is an experienced Paediatric Nurse, Health Visitor, International Board Certified Lactation Consultant, Holistic Sleep Coach and Birth Trauma Recovery Practitioner

This course covered:

Sleep in context, and Family centred care

- Parental biopsychosocial factors to consider
- Normal sleep
- Impact of poor sleep on children and families
- Family centred care
- Love, attachment, attunement and bonding
- Brain development, the stress response and self-regulation
- Crying – what's normal, what's harmful

Sleep biology

- The purpose of sleep
- Circadian control of sleep, and the influence of hormones, environment and homeostasis
- Sleep requirements
- Naps, over-tiredness and sleep timing

Sleep cycles across the lifespan

- Sleep cycle terminology
- Types and stages of sleep
- Maturation of sleep cycles
- Sleep regressions
- Sleep cycles at different ages
- Interpreting sleep diaries
- Sleep disorders and pathologies

Sleep hygiene, routines and safety

- Sleep hygiene



- Bedtime routines
- Sudden Infant Death Syndrome

Sleep strategies

- The sleep consultation process
- Quick fix sleep tricks
- The evidence for not using controlled crying
- Holistic sleep strategies at different ages
- Night feeds
- Early rising

Child temperament, behaviour, personality and parenting

- Child temperament
- Gentle parenting and behaviour strategies
- Positive and negative parenting styles
- Parenting pitfalls and solutions
- Emotion coaching
- Developmental assessments and referring on

Feeding problems, reflux, colic and wind

- What feeding problems affect sleep
- Does formula make babies sleep better?
- Breastfeeding difficulties
- Bottle feeding difficulties
- Infant sucking, facial or anatomical problems
- Wind, colic and reflux

Allergy and Intolerance

- What is allergy
- The infant gut
- Symptoms of allergy
- Epigenetics
- How does allergy affect sleep?
- Types of allergic response
- How to help allergic children



- Elimination diets
- Lactose intolerance

Child and family anxiety

- How does anxiety affect sleep?
- Which children are at risk for anxiety problems
- How do we help anxious children?
- Which adults are at risk for anxiety problems
- Simple strategies to recommend to help alleviate adult anxiety

Sensory and special needs

- Disabilities associated with sleep problems
- Down syndrome
- Obstructive Sleep Apnoea
- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder
- Medications which are sometimes prescribed
- Sensory Processing Disorder
- What sleep strategies can help children with sensory or special needs

Health and wellness

- What health conditions can impact sleep
- When to refer to a child's medical team
- How to support holistic wellness
- Use of complementary therapies

Food, eating and nutrition

- What foods support sleep and what foods are best avoided
- How to improve gut health
- Nutritional deficits which may impact sleep
- Healthy eating, including vegetarian and vegan diets
- How to promote positive lifelong eating habits
- What is the difference between fussy and disordered eating



- The ten Story Massage strokes
- Developing your Story Massage skills
- Adapting and creating massage stories
- Making Story Massage work for you

2017

**Relax Kids Coach
Relax Kids**

2 days of in-house training:

An overview of the 7 steps

- Move
- Play
- Stretch
- Feel
- Breathe
- Believe
- Relax
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Planning and delivering sessions

The benefits of each of the steps

Relax Kids and the brain (Hippocampus, Amygdala & Prefrontal Cortex)

Mindfulness in practice

Case studies and testimonials as part of certification

2017

**Advanced Sleep Training
Babyem OCN Level 4**

- Overview of sleep biology
- Safe sleeping
- Reasons why babies and toddlers wake in the night
- Sleeping behaviours in older children
- The impact of attachment on sleep
- What factors influence the approach we take to sleep problems
- Creating the right sleep environment



3 days of in-house training:

Topics included, newborns, toddlers, adults and babies, common and less common sleep challenges, as well as marketing, working with clients and setting up your business.

3 Months of Mentoring: Topics included:

- Tutorial on teaching a Newborn to sleep well
- Tutorial on sleep teaching toddlers and toddler behaviour
- Tutorial on naps and nap transitions
- Tutorial on how to conduct Seminars and Trade Shows
- Tutorial on reflux
- Tutorial on breastfeeding
- Tutorial on how to sleep train twins
- Second tutorial on toddlers and older children
- As well as bi-weekly live calls to field questions and discuss client cases.

Once certified a special 1st Year mentorship programme for 12 months

Various monthly further training and mentoring which continues from my certification program, typical topics covered:

- Breastfeeding & Sleep Teaching
- Sleep Teaching a Child with Special Needs
- Reflux
- Nutrition and Complimentary Foods
- Supporting Multiples
- Round Table Discussions, Older Children, Toddlers, Newborn, Early Morning Wakings amongst other topics.