

Shhh! Sweet Dreams:

Understanding Healthy Sleep Habits in Early Childhood

A training with Tala Ghantous, LCSW

Provided by Family Paths (CEU Provider #62239) in conjunction with Chabot-Las Positas Community College District and Alameda County through Title IV-E Funding.

Target Audience: This training is geared towards clinical staff, family advocates and community health workers working with foster children and youth in Alameda County.

This training is available to you free of charge.

REGISTRATION IS REQUIRED TO ATTEND

Training Description: This training is for transdisciplinary providers working in healthcare, early care & education and other systems where the well-being of infants, young children and families is a primary focus. Through the use of PowerPoint presentation, interactive exercises, media, and vignettes, this seminar will explore scientific and cultural perspectives of sleep within the early years of life. Participants will learn the typical developmental expectations of sleep. Participants will be informed on how the caregiving relationship can impact and promote healthy sleep habits. The instructor will infuse a trauma-informed approach in this training to support participants in assessing and expanding their current skills and knowledge. Participants will learn to guide caregivers in using the right responsive and nurturing strategies for the children they care for at bedtime.

The Trainer: Tala Ghantous is a licensed clinical social worker who lives and works in Oakland. She has worked as an infant and early childhood mental health clinician since 2003 and continues to support the field as a home visiting clinician and as a consultant and trainer on the foundations of infant and early childhood mental health. As an immigrant to the U.S., Tala has a special interest in multi-cultural parenting practices and attachment and provides mental health services to Arabic speaking families in Alameda county. Tala is a mom to two young children and enjoys seeing the world through their eyes. Her favorite game is hide and seek and she loves to swim and dance with her kids.

Training Objectives: Participants will be able to..... (1) Discuss the latest scientific research as a foundation for sleep. (2) Give 3 examples of how culture impacts healthy sleep habits in families. (3) Name 3 developmentally appropriate strategies for caregivers to guide their young children to sleep. (4) Recognize if there is a sleep disturbance that requires further assessment and treatment.

Readings/Resources: Children's Media Use and Sleep Problems: Issues and Unanswered Questions (June 2008). Kaiser Family Foundation Website. Go to:

<https://kaiserfamilyfoundation.files.wordpress.com/2013/01/7674.pdf>

St. James Roberts, Ian. (2007) Helping Parents to Manage Infant Crying and Sleeping: A Review of the Evidence and Its Implication for Services. Child Abuse Review. Vol. 16, pp. 450-467

Coffee, tea, breakfast snacks and lunch provided.

Parking: NOT provided. We are sorry, but there is NO parking in the Family Paths lot. The lot is reserved for staff and clients only. Parking options include: There is 2 hour meter parking around the building. There are also multiple \$7 lots in the area. These usually require cash. In addition we are located walking distance from 19th street BART station. And if you are open to a little walk, there is free parking across the freeway on and around 18th street. Please allocate enough time to find parking in the area. Here's the parking map for the area: <http://en.parkopedia.com/parking/oakland/>

CEUs: Training meets the qualifications for 5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Two 15 minute breaks and a 30 minute lunch is not included in the total CEU time awarded. CEUs will be awarded in person at the end of the training. Provided by Family Paths, Provider #62239 thru CAMFT CEPA. We will be unable to provide attendees with certificates of completion if more than 15 minutes of course content is missed.

Aligned with CA competencies for Infant-Family/Early Childhood Mental Health: Domain 1, Knowledge Area: B – Infant, Toddler and Preschool Development (5 hours)

Cancellation Policy: We do not charge for our trainings at present and space is limited. If you cannot attend we ask that you contact us as soon as possible in order to open up that seat to someone else. If training is cancelled, participants are notified via email no later than one week prior to the training if possible. If a trainer has an emergency and notifies the training department in less than week, those registered for the training are notified as soon as possible. Training registrants are provided the makeup date that is scheduled for the training.

Disability Accommodation: Family Paths will make reasonable efforts during the training to accommodate qualified individuals with disabilities and/or medical conditions in accordance/compliance with the State Fair Employment and Housing Act (FEHA), Federal Americans with Disabilities Act (ADA) and applicable statutes. To request an accommodation due to a disability/medical condition during this training, please contact the Training department no later than 5 days before the training. The building where this training takes place is wheelchair accessible. Disabled parking is available but must be arranged with the training department ahead of time, as parking is limited.

Training Grievance Policy: Family Paths is committed to providing a work/learning environment in which all individuals are treated with respect and dignity. A participant of trainings has the right to seek a remedy for a dispute or disagreement through Family Path's policies for filing complaints/grievances for participants. Training participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training experience to the Clinical Training Coordinator who will provide the complaint form. All participant complaints/grievances should be in writing (which may be in your own language) to the Clinical Training Coordinator, Family Paths, 1727 Martin Luther King Jr. Way, Suite #109 Oakland, CA 94612 or by email

to Trainings@familypaths.org. Once a complaint or grievance has been submitted, you can expect a response no later than ten (10) business days. Upon receipt the Clinical Training Coordinator will conduct a formal review of the complaint/grievance and will attempt a timely resolution, taking appropriate corrective action if warranted by the investigation. If no resolution is forthcoming, or the problem is not satisfactorily resolved, the participant may direct any complaint/grievance to the Program Administrator, Family Paths' Clinical Director.

Questions? Email us at Trainings@familypaths.org

Course Outline:

8:30 – 9:00 Registration and Breakfast

9:00 – 9:30 a.m. Review of Agenda and Opening Activity

9:30 – 10:30 a.m. PowerPoint Presentation

10:30 – 10:45 a.m. Break

10:45 a.m. – 12:00 p.m. PowerPoint Presentation and Group Activity

12:00 – 12:45 p.m. Lunch (activity): How do you assess for children's sleep habits?

12:45 – 1:00 p.m. Break

1:00 – 2:30 p.m. Group Learning Activity

2:30-3:00 Questions and Evaluations