

Why Study the Sleep Training Course?

- It will improve your skills and knowledge
- It will signal your professionalism and commitment to the role
- It will help to enhance the quality of the sleep training service you provide
- It may increase your employability

SYLLABUS

- Normal Sleep Physiology in babies
- Sudden Infant Death Guidelines
- Instilling Good Habits in Babies 0-3 Months
- Developing Sleep Training Techniques from 6 Months +
- Stumbling Blocks to Success
- Working with Twins/Multiples
- Working with Parents
- Travelling/Jet Lag
- Moving from a Cot to a Bed
- Other Less Common Sleep Problems (Night Terrors, Head Banging, Sleep Apnoea)



Courses that Build Confidence & Careers



Sleep Training Course

Course Description

Would you like to be considered the best in the industry? Promote your professionalism, commitment and high quality approach to childcare?

We train thousands of early years and childcare professionals each year and we would love to train you too.

As one of the UK's leading specialists in Early Years, Education and Health & Care training MNT is delivering this specialist fully accredited 2-day course, designed for nannies, night nannies and maternity nurses who are wishing to branch out into sleep training as part of their career or for those who would like a refresher. It is also useful for those who are currently working as child-carers with a baby or child with a sleep problem.

The course is divided into 4 sections:

- Good sleep habits for babies up to the age of 6 months
- Sleep training for older children (6 months +)
- Stumbling blocks to Success
- Night terrors, Head banging and Sleep apnoea

Why do this Course?

- It will increase the skills and knowledge and confidence of those wishing to become sleep trainers or night nannies.
- Help prepare you for working with clients
- The course is suitable for both those with little or no experience and those wanting to refresh their skills
- On successful completion learners will receive their certificate for this accredited course providing professional validation – which many parents are keen to see
- This course is available as an attendance or online course
- This course is accredited by OCN (OTC) and carries 3 credits

How we support you

If you find studying or assessment difficult (perhaps you have not studied for some time, you have dyslexia or English is your second language) you'll find us supportive and sympathetic – and we can come to a agreement about extra time provided this is arranged during the course. Spelling and grammar does not contribute to the overall mark.

**Specialists in Early Years,
Education and Health & Care Training**

0844 826 8446 info@mnttraining.co.uk www.mnttraining.co.uk



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Testimonials:

"I have thoroughly enjoyed the course and feel I have learnt so much. I now feel empowered to offer sleep advice to exhausted families!"

Annie – Sleep Training Course

"I wanted to write and congratulate you on a superb Sleep Training course which MNT ran so well. The content was incredibly interesting and covered such a wide syllabus that I feel ready to tackle whatever my clients float my way. Thank you for making it so informative and stimulating."

Barbara – Night Nanny Sleep Training Course

"I thought the course was so well organised, it was engaging and practical. I particularly enjoyed the sections on night terrors and sleep issues. Thank you so much."

Grainne – Night Nanny Sleep Training Course

"Fantastic instructors! Excellent Info! A great weekend, has given me the confidence to start of as a Maternity Nurse and Night Nanny, thank you."

Julie – Sleep Training Course

Our contact details

If you have any queries please get in touch - we are always happy to help.

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Study Options:

OPTION 1 – OCN Sleep Training Course (by attendance)

The 2 day attendance course is held at our new training venue **Chineham Court, Basingstoke**. Easily accessed by road from the M3 and M4 with ample free parking on both days. Buses and taxis are available at Basingstoke Station.

If you're driving to the venue the postcode for your Satnav is **RG24 8AG**

OPTION 2 – OCN Sleep Training Course (by online study)

This course is tailored for learners who are unable to travel to Reading to complete the course by attendance or would prefer the flexibility of a home-study style of learning. Learners study online at a time to suit them and have 4 weeks to complete the course. Learners choosing this option can enrol on any date to suit them– there are no set start and finish dates.

Assessments

In order to pass and receive their OCN accredited certificate, all students will be required to successfully complete the assessments associated with the course.

For Attendance students: the assessments are completed after the course online and learners have 4 weeks to complete them. at home following the course. (Alternative postal arrangements are available for learners without internet access – however this incurs an additional fee of £15 for UK based learners – this is payable after the course)

For Online Students: the assessments are completed and submitted within the online course and need to be submitted within the 4 weeks of the course

The Course
fee is just

£235

(including VAT)

Your first step to a brighter future - booking and payment

As all courses fill up quickly we suggest you enrol early to avoid disappointment. Bookings can be made online at **www.mnttraining.co.uk** (alternatively you can call and we can take a card payment over the phone – **0844 8268 446**).

On booking we'll send a confirmation letter and receipt, as well as information on travel (if attending) or if studying online your log in details will be emailed out to you, so you can start studying straight away!



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