



# Diploma in Family Centred Infant Sleep

Designed as a 'business in a box'.  
Become an infant sleep consultant  
and begin to create a career  
that fits around your life



# Congratulations

On taking your first step on becoming  
a certified sleep consultant

Settled Petals Diploma in Family Centred Infant Sleep is a sleep consultancy programme, accredited by FEDANT (Federation of Antenatal Educators). The course is evidence based and Family Centred. On completion, graduates can register with FEDANT, allowing parents to check the register to verify that they are accredited sleep consultants

The course also contains a comprehensive business element, inspired by Susan's own Sleep Consultancy business. Allowing you access to tools to support the set-up of your business.

The course is intended to be completed online but Susan will support you along the way when you need any assistance.

# Study with us

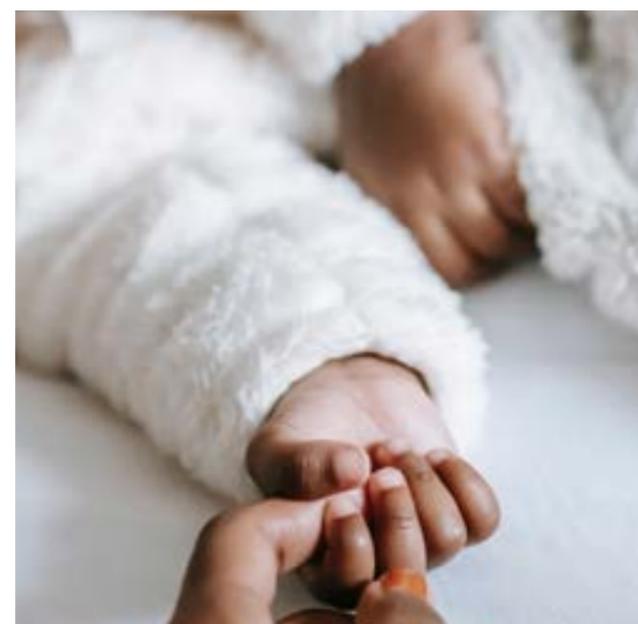
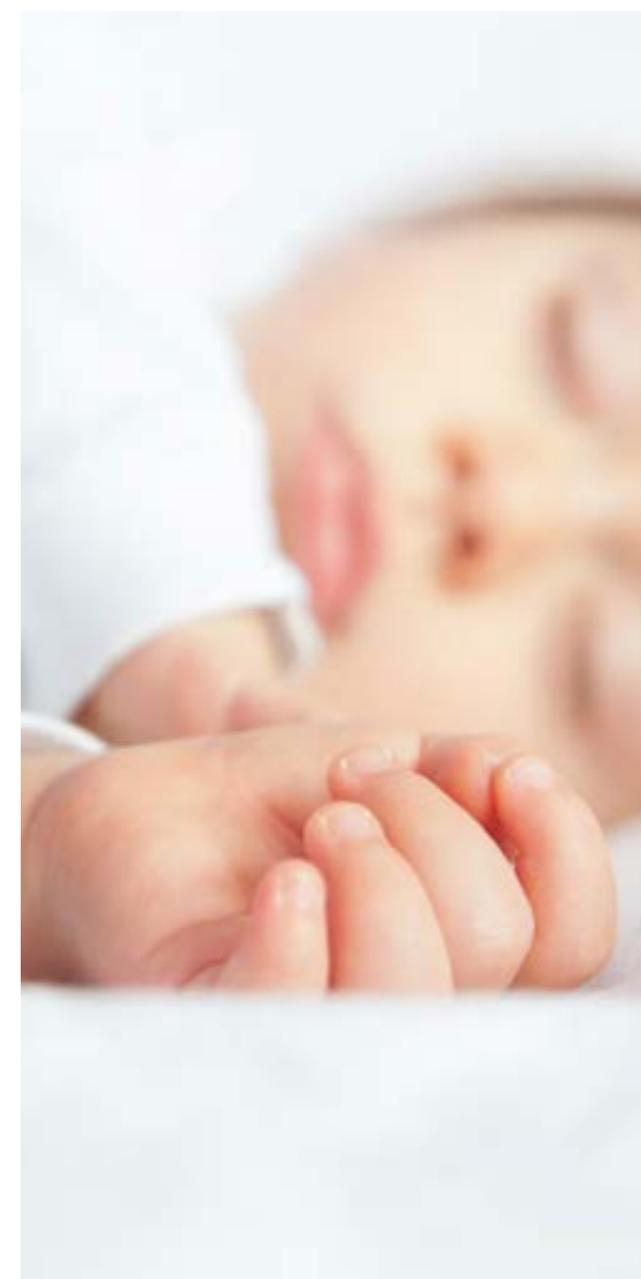
Designed to be a 'business in a box'. You will learn how to run your own Infant Sleep Consultancy business. You can complete the course in your own time with ongoing support as required. There are no ongoing licensing fees, and you are free to run your business as you wish. Previous experience with children is required. On completion of the course, you will be a certified Sleep Consultant ready to support families with infant sleep.

## Sleep Syllabus

- Evidence based benefits of infant sleep
- Respecting families parenting styles, goals and dynamics
- Understanding infant sleep (circadian rhythm, states of sleep and sleep cycles, seep associations, sleep pressure, sleep latency, hormones)
- Attachment theory and sleep
- Personality types and how they influence sleep
- Partnership working with parents
- Safe sleep and the ideal sleep environment
- Co-sleeping
- White noise
- Nursery décor
- Supporting newborn, baby and toddler sleep
- Promoting a positive bedtime routine
- Supporting families with early rising, naps, bedtimes and night waking's
- Sleep and breastfeeding, bottle feeding, weaning and beyond
- Scheduling naps
- Nap transitions
- Regressions
- Factors influencing sleep (dummies, teething, reflux, allergies and intolerances, nightmares, night terrors, medical conditions, eczema)
- Supporting families with sleep issues
- Natural ways to promote sleep

## Business Syllabus

- Branding & Advertising
- Legal & Finance
- Enrollment Process
- Protecting your business
- Taking care of yourself
- Sample sleep plans, referral letters, sleep questionnaires and evaluations





# Online Learning

Our online learning system is very simple to use and it is designed in a way that allows you to methodically work your way through the syllabus, going back over information at any time. We offer the added benefit that you can check in with Susan at any time via email if you need an extra little bit of help or guidance.

## Pre-requisites

- A computer to complete assessments
- Previous experience with children (personal or professional)
- Demonstrate an ability to complete essays to a high standard

## Assessment

The course is assessed through the use of tests and final written assignments.

## Facebook Group

Our Facebook group is primarily peer led to allow you to learn alongside other students. Susan will share helpful insights when the opportunity arises, within the Facebook group.

## Special Support Needs

If you have any support needs, such as a learning difficulty or disability please contact Susan to confirm and discuss what specific support you require to complete the course.

# Meet Susan

The course was designed by Susan Wallace, from Settled Petals. Susan has over two decades experience working with children, families and their caregivers.

She has over 10 years experience as a Social Worker, including being a Team Manager. She has also worked as a SEN (Special Educational Needs) Nanny, in a day nursery and with disadvantaged children in both Mexico and the Philippines.

She has delivered Child Protection Training in both England and the Philippines and Life Story Training in Northern Ireland and Scotland. She is a certified Sleep Consultant, Certified Potty Training Consultant,

Baby Massage Instructor, Baby Yoga Instructor and Kids Yoga Instructor. She holds a Masters in both Education Tripos (Cambridge University) and Social Work (University of Sussex). She also facilitates training in Diploma in Baby Massage and Diploma in Baby Yoga. These courses are accredited by FEDANT and available at a reduced cost for students / graduates of this programme.

Susan has supported hundreds of families with their infants sleep on a 1:1 basis, and over a thousand families in group workshops. She would like to share her expertise and allow others to build their own successful sleep consultancy service.



# Accreditation

On completion of the course you will be a Certified Infant Sleep Consultant, accredited by FEDANT.

The sleep industry is currently unregulated, but this course has sought accreditation from the Federation of Antenatal Educators to demonstrate its commitment to evidence-based practice.

This also allows you to register with them, to offer the parents you work with trust and reassurance that you have undertaken high quality, accredited training. You will receive a certificate to outline such, as well as accreditation graphics which you can use on your website, social media and marketing materials.

On completion of the course you will be able to run your own Sleep Consultancy business, offering 1:1 support and group workshops.

You will be invited to join the closed Facebook group Settled Petals Academy – Family Centred Infant Sleep; where you will have peer support from others who have completed the course. This group is primarily peer led.

For those who wish to avail of ongoing support after completing the course, there is also the option of availing of mentoring sessions at an additional cost.

\*The course allows graduates to become Certified Infant Sleep Consultants, accredited by FEDANT. It does not qualify them to teach others to become Sleep Consultants

# Freedom and Flexibility

Helping you along the way to ditching the 9-5 and claiming back control of your life

Our course is perfect for busy people who want to move their career in a direction that offers them flexibility to earn while spending more quality time with their family

Susan's experience of running an Infant Sleep Consultancy Service has been a fulfilling journey that has added so much flexibility to her life. She is passionate about sharing this with other people who are aiming for a similar lifestyle, and who have a desire to support families.



# Lets do this

If you think you might like to join the diploma, get in touch with Susan today for more information

## **Investment:**

Family Centred Infant Sleep **£1350**

Sleep, Yoga and Massage **£1800**

Sleep and Potty **£2250**

Baby Massage, Yoga, Sleep and Potty **£2600**

Payment plans are available on request

Mentoring is available to students at no extra cost whilst completing the course. Following graduation, additional mentoring can be purchased on request.

## **Estimated time to complete the course:**

60 hours

We would love to hear from anyone who is considering joining our diploma course and would be only too happy to answer any questions you might have. Sign up today for instant access at [settledpetals.com/sleep-consultant-course](https://settledpetals.com/sleep-consultant-course) or if you would like to get in touch, email Susan personally via [susan@settledpetals.com](mailto:susan@settledpetals.com)



[www.settledpetals.com](http://www.settledpetals.com)  
[susan@settledpetals.com](mailto:susan@settledpetals.com)