

INFANT AND CHILD

Sleep Consultant

STANDARD COURSE



SHEREEN NIELSEN

Do you have the drive
to help other Mums?

You might have family and friends who are struggling with their child's sleep and you love to help them! You feel like you have just enough knowledge to give them some great tips, but you know you could offer more, if you had the tools.

This course will give you all the knowledge, training and strategies you need to become a confident Certified Infant and Child Sleep Consultant and do what you love! Helping struggling Mums!



Course Benefits



The course creator and lecturer is highly educated, experienced and a well respected sleep consultant

The course provides all the content you need to practice successfully at a high standard

Group support so you can always be clear on your learning

Optional ongoing one on one mentoring support if required

Evidence-based and peer-reviewed research from only valuable and trusted resources

Volunteers and case studies so you receive hands-on experience before working on your own

Cost effective and 6 month learning period

Receive certification full of knowledge to work independently

Optional ongoing online support group once certified

Internationally recognised training provider through IICT so each certified student can be insured for practice

Business building information so you can begin your independent practicing



Added Bonuses

You can work for yourself

You can create your own practicing style

You can work from the comfort of your own home

Work remotely, no matter where you are

Set your own lifestyle

Flexibility to set your own working hours

You can choose your own clients

You set our own value

You set your own income goals

Career Highs

You are changing people's lives

You are building family relationships and strengthening bonds

You are a positive influence

You can develop your passion in helping your family and friends with their child's sleep

You develop skills to guide families to improve their sleep challenges

You have a specific niche and rare skill set

You are responsible for bringing the big impact

Your clients will be forever grateful for the changes you help them make

You are a dream maker!

Client Feedback

Here are some messages from clients who have worked with our certified sleep consultants.

"We couldn't be happier and are so glad we got help"

"I just wanted to touch base, you are a sleep consultant god!!!!"

"I don't know where I would be if I hadn't gotten your advice...probably in a mental home! Haha"

"I just wanted to let you know that sleep has gotten so much better!
Naps are nearly perfect!"

"Thank you so so much for your advice even my husband has said how amazing the strategies were!"

"You are amazing! Thank you for helping me get my life back!"

Course Outline

This is a distance education course consisting of:

15 pre-recorded lectures

8 Case Studies

Broader Understanding Enquiry

9 Volunteer Clients

Consultation Preparation

Running a Business Foundations

Written Exam

Online Student Community Learning Group

One on one support

- This course is self-paced and students will have up to 6 months to complete this course.
- Each lecture is pre-recorded via video and can be accessed via your student portal log-in
- An anticipated total of 110+ contact hours will be required for this course completion period.
- Each student will be provided with a Workbook to support learning and course completion.
- Students will be encouraged to make notes from their lectures for their own records.
- Students will be required to find their own volunteers.
- There will also be additional reading and self-led researching required by each student.
- Mentoring and learning support will be conducted through the Facebook Student Community Group, email and phone.
- Hands on experience working with volunteers
- Written final exam to be completed after all required components are finalised with a satisfactory outcome to receive certification.



Modules

Module 1: The Sleep Consultant - the role, your emotional well-being, safe sleep and SIDS

Module 2: Sleep Foundations - sleep benefits, science, hormones and neurotransmitters, sleep cycles

Module 3: Psychology - parent-child relationships, parenting styles, sleep related psychology

Module 4: Milk and Nutrition - breastfeeding, formula feeding, introducing solids, nutrition

Module 5: Underlying Causes and Medical Issues - a range of factors which impact sleep

Module 6: Sleep Associations and the Environment parent assisted and non-assisted associations, positive associations, establishing a sleep supportive environment

Module 7: Regressions and Developmental Leaps - sleep regressions, the wonder weeks, the impact of developments



Module 8: Naps - structures, catnapping, achieving naps, newborn specifics

Module 9: Night Sleep - night wakes, night feeding, parasomnias, early morning waking, dropping naps

Module 10: Sleep Training Foundations - safe sleep training, successful sleep training, overstimulation

Module 11: Sleep Training - cry-based and gentle methods, evidence, methods, troubleshooting

Module 12: Assessing an Intake Form - identifying issues and learn to make recommendations, create your own documents

Module 13: Assessment Writing - areas to address, creating your recommendations, create your own documents

Module 14: Working with Clients - interacting with families, helping your client choose the right strategy, coaching your client, troubleshooting

Module 15: Private Practice - packages and pricing, consult types, philosophy and ethics, conducting a consult, marketing

Consultant Qualities

Passionate about babies and children

Strong interest in sleep and its function

Personal struggle with sleep

Caring and empathetic

Self-directed

Respectful of varying parenting styles

Genuine and compassionate



Student Words

QQ Thank you Shereen for being a wonderful mentor and being there to help out whenever I have needed.

QQ I found Shereen to be extremely knowledgeable and professional. She was happy to answer any of my questions, in a way that made me think about what I had learnt, and in fact, usually knew the answer myself. She is very approachable and friendly.

QQ I feel very confident now as a certified sleep consultant, thanks to Shereen's expertise.

QQ Thanks for your course Shereen. After completing another course, I felt under-educated and needed more. Your course included everything and I learnt so much more. Thanks for your extensive support too!

A woman with long brown hair, wearing glasses and a pink button-down shirt, is smiling broadly while sitting at a desk. In front of her is a laptop. The background is a blurred office setting with bookshelves. The text 'Are you ready?' is written in a black cursive font across the top of the image.

Are you ready?

This course provides you with all the knowledge, information and support you need to become a certified Infant and Child Sleep Consultant.

To recap, this course includes:

- > Online access, working at your own pace
- > 15 Lectures
- > Broader Understanding Reading Enquiry
- > 9 Volunteers
- > 6 Case Studies
- > Business Tips
- > Group learning and support
- > 6 months to complete studies
- > Final written exam
- > Qualifies you to work as a certified Sleep Consultant
- > Ability to obtain practicing insurances through IICT



Enrolment

The enrolment for this course and all its inclusions is:

Upfront Payment: \$1947 AUD

Payment Plan*: 6 x \$375 AUD

We would love for you to enrol in this amazing course and join a team of students on their journey towards becoming an Infant and Child Sleep Consultant!

If you have any questions, you can email us at:
hello@shereenniensleepeducation.com

or book in for a Discovery Call via our website:
www.shereenniensleepeducation.com

To join the course, simply click "Request to Join" on our website!

*Payments on the payment plan are made on a monthly basis through the duration of the enrolment period.

About

Shereen

Shereen is the founding Director of Shereen Nielsen Sleep Consulting, and is the course director for the Shereen Nielsen Sleep Education. She is also the lecturer and leading mentor throughout the course.

A few years ago, Shereen also co-founded and Directed her previous companies, Early Childhood Parenting and the Institute of Parenting Support Services. Both of which are sleep consultant services and training institutes.



Shereen has previously co-written two sleep consultants courses through the Institute of Parenting Support Services, where she lectured and mentored a number of students through their studies to become qualified sleep consultants too.

She has worked one on one with over 4000 families to improve their situation with their child's sleep. Shereen has also undertaken a range of PD courses to up-skill herself on up-to-date research and knowledge around certain components of sleep.

Shereen is also a parent to two beautiful young children and a wife to a loving husband, and her journey with her first born's difficult sleep was her driving force to becoming a sleep consultant.

The Shereen Nielsen Sleep Consultant Course is built on a foundation of years of practice with families and has helped thousands of families improve their child's sleep using confident parenting practices.

Shereen's passion comes from her heart and she is highly driven to help students reach their career goals, by educating and mentoring them through their learning processes.

Shereen has written this course so you can experience the joy of bringing sleep to families too. She builds your knowledge so that you will have the highest quality of practice to help raise the standards of the Sleep Consultant industry.

If you're tired of driving to and from work on a 9-5 job or having to do rotating shifts, and you've had enough of missing out on irreplaceable family time, then....

What are you
waiting for?

If you're ready to make a change to your career and reap all the benefits of being a Sleep Consultant, then this is for YOU!

"Being an infant and child sleep consultant is extremely rewarding. I absolutely love helping other parents bring big changes to their lives and giving them their energy and passion for being a parent back. It's amazing to see the confidence in their parenting grow too!

I love working for myself, no matter where I am and having the flexibility to choose my own hours around my kids. This is an amazing lifestyle"

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