Southern Cross University

CONTINUING PROFESSIONAL DEVELOPMENT

Lullababy S.O.S (save our sleep!)

Understanding settling techniques and sleep in babies and toddlers

Professional Development Workshop

OVERVIEW:

Sleep settling and sleep requirements for babies are some of the top 5 questions new parents ask.

Whether you are just starting out in the health sector or have been working for 50 years this workshop aims to teach you something new about assisting parents with sleep and settling issues with babies and toddlers.

Presented by leading Gold Coast Sleep Consultant Elaine Harvey from Lullababy S.O.S, this workshop is designed to give health professionals an understanding of the top 5 current settling techniques, including her own extremely successful technique.

Learn about the following important topics, and more:

- Understanding the current leading recommended settling, their pros and cons and when to use them successfully.
- Sleep requirements, cycles and importance of sleep and early childhood development.
- Settling, the internal body clock and the sleep requirements of babies and young children.
- Understanding the pattern of crying down and when a baby can and can't settle unassisted.
- Assisting parents to comfort their child into a good sleep routine.
- The 2 step Lullababy S.O.S settling plan designed to comfort both parent and child while teaching babies and toddlers how to settle and sleep successfully.
- How to use the Lullababy S.O.S method to great success with all parenting styles including co-sleeping and demand feeding parents.

This workshop is packed with all you need to know to give you an edge in understanding the problems parents face with a sleep deprived child.

It's a not to be missed professional development workshop for those with a special interest in babies and family health.

THE PRESENTER:

Elaine Harvey has been working with parents and their sleep deprived babies for more than 10 years in England and Australia. She is an MNT Maternity Nurse, a NNSC Sleep Consultant and holds a Diploma in Children's Services.

Elaine set up Lullababy S.O.S in 2008 after recognising a lack of in-home support for parents of babies with sleep problems.

Elaine believes in providing individual settling methods that are successful and comforting for both parent and child.

The Lullababy S.O.S method is credited by Queensland Health Clinical Health sector and has been used successfully by parents throughout Australia and abroad.

WORKSHOP INFORMATION

EVENT DETAILS:

Time: 9am-3:30pm
(registration table opens at 8:30am)

Date / Location:

Gold Coast
Monday, 26th November 2012
Lecture theatre A129
Gold Coast campus
Southern Cross University
Southern Cross Drive*
Bilinga QLD 4225
**access via Terminal Drive, Gold Coast Airport.*

Byron Bay
Wednesday, 28th November 2012
Byron Community Centre
(Southern Cross University Room - upstairs)
69 Jonson Street
Byron Bay NSW 2481

REGISTRATION FEE:

Health Professionals:
Early Bird*: $195 (inc. GST)
Late Registration: $225 (inc. GST)

Students:
Early Bird*: $75 (inc. GST)
Late Registration: $90 (inc. GST)

*** Early Bird:** registration form received and payment made by 5pm, Monday, 29th October 2012

REGISTRATION CONTACT:

Contact **Carla Robinson**, Continuing Professional Development (CPD) Events Coordinator, for the School of Health and Human Sciences, to register.
Ph: 07 5506 9269, F: 07 5506 9260 or email: carla.robinson@scu.edu.au

This event is endorsed by the **Australian College of Nursing** and **Southern Cross University**.
This event is CPD points accredited.
Attendees at this event may claim 5 CPD hours.*

* Please refer to your association's CPD requirements to determine the number of CPD points you are eligible to claim.

ROYAL COLLEGE of NURSING Australia

Southern Cross University
SCHOOL OF HEALTH & HUMAN SCIENCES

SCU4202

THE EVENT:

Understanding settling techniques and sleep in babies and toddlers

Time: 9am-3:30pm (registration table opens at 8:30am)

Date / location*:
Gold Coast: Monday, 26th November 2012
Byron Bay: Wednesday, 28th November 2012
** refer to the front of the event flier for additional location details.*

REGISTRATION & PAYMENT FORM

REGISTRATION DETAILS: I would like to register as a:

Location: Gold Coast ☐ or Byron Bay ☐

Health Professional: ☐ Early Bird* $195 (inc. GST) OR ☐ Late Registration $225 (inc GST)

Primary health discipline: ..... Qualifications: .....

Student: ☐ Early Bird*$75 (inc.GST) ☐ Late Registration $90 (inc.GST).

Educational institute: .....Health discipline:..... Student No .....

Title: ..... First Name: ..... Surname: .....
(name to be written as you would like it to appear on the Certificate of Attendance)

Organisation: .....

Address (work): .....

Town/suburb: ..... State: ..... Postcode: .....

Telephone (work): .....(home): ..... Mobile: .....

Email (required to confirm registration and payment): .....

Please advise if you have any dietary requirements (e.g. dairy free, gluten free, vegetarian) .....

Would you like to be on the e-mailing list for future SCU health events? Y / N

**** EARLY BIRD registration closes by 5pm, Monday 29th October 2012.***

Registration and payment assumes acknowledgement and consent to the 'EVENT INFORMATION' below.

PAYMENT FOR REGISTRATION FEE:

☐ **Cheque and/or Money Order** - must accompany registration and be made payable to:
The School of Health and Human Sciences, Southern Cross University – CPD Events Program

☐ **Visa** ☐ **MasterCard** Amount Paid: $ .....

Card Number: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ Exp. Date: ☐☐/☐☐ Security Pin: ☐☐☐

Card Holder's Name: ..... Card Holder's Signature: .....

☐ **Invoice** - the organisation's manager / authorising officer must indicate approval by signing below and/or sending an email request and Purchase Order number to Carla Robinson (carla.robinson@scu.edu.au) before the invoice is issued.

Invoice authorisation:

Full name (PRINT): .....

Title: .....

Signature: ..... Date: .....

Email address (PRINT): .....

Purchase Order No: .....

Issue invoice to:

Organisation's name: .....

Organisation's address: .....

.....

Organisation's ABN: .....

This payment also includes lunch and light refreshments on the day.

CONFIRMATION of registration and payment will be made via email.

SEND TO

Please forward (email, post or fax) your completed registration form with full payment to:
Carla Robinson, CPD Events Coordinator, School of Health and Human Sciences, Southern Cross University, Locked Bag 4, Coolangatta QLD 4225
T: 07 5506 9269 F: 07 5506 9260. E: carla.robinson@scu.edu.au

EVENT INFORMATION:

Disclaimer: Event organisers make every effort to ensure that the educational material presented at this workshop is as advertised. However, content may be altered at the discretion of the facilitator.

The running of this workshop is dependant on sufficient participant numbers.

Cancellation and Refund Policy: Southern Cross University reserves the right to cancel or postpone any event. If this occurs registration fees will be fully refunded, however, the University bears no responsibility for any loss incurred (such as flights, accommodation, travel expenses or loss of income).

In the event of a participant cancellation a refund will be given, minus a 25 per cent administration fee, up until five working days prior to the event. We regret that NO REFUNDS will be given if notification occurs less than five working days prior to the event.

Replacement Delegates: You may send a replacement delegate, with no extra charge, up until five working days prior to the event.

Event Recording: This event may be audio-visually recorded for training and educational purposes.