

The Possums Sleep Film Content Overview

Videos

Taking control

Clarifying the problem
Exploring your values
What is cued care?

About the sleep science

You can't 'make' your baby sleep but you can support healthy baby sleep
The two biological sleep regulators
Normal variability of infant sleep needs
Dialling down the baby's sympathetic nervous system
Safe sleep

Creating an action plan

Deal with excessive night-waking by re-setting the circadian clock
Why is rich sensory nourishment important for your baby?
Managing difficult thoughts and feelings
What is required for a sleep-promoting life?

Six months plus

Learning something new in the night
Possums sleep consultation with parents of baby aged 9.5 months (by Renee Keogh)
Possums Sleep consultation with parents of baby aged 11 months (by Dr Pamela Douglas)

Audio

Exercises from Acceptance and Commitment Therapy

Document

The Possums Sleep Workbook