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ARTICLE

Evaluating the “possums” health professional training in parent–infant sleep

Koa Whittingham✉, Chloe Palmer, Pamela Douglas, Debra K. Creedy, Jeanie Sheffield

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ABSTRACT

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Infant sleep problems are among the most common issues reported by parents in the postnatal period. Yet, infant sleep and infant sleep interventions remain controversial. This study evaluated health professional training in a novel approach to parent–infant sleep: the Possums Sleep Intervention. Health professionals ($n = 144$) completed a short survey before and after the training, which focused on the sleep component. The Possums Sleep Intervention training included the following topics: sleep science, cued care, sleep hygiene, relaxation for parents and babies, problem solving, and acceptance and commitment therapy (ACT). Health professionals reported: improvements in knowledge on infant sleep regulation, the mother–infant relationship and ACT; improvements in health professionals’ own sleep quality; improvements in psychological flexibility; and a reduction in professional burnout and secondary traumatic stress. Moreover, the health professional training was received positively. Overall, this study is supportive of the Possums Sleep Intervention health professional training.

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