

Implementing Infant Sleep Research in Practice



Monday 28th March 2022
Calman Learning Centre
Durham University DH1 3LE



Durham
University

Infancy & Sleep Centre

Durham Infancy and Sleep Centre

22nd Anniversary Conference

08:45

Registration and welcome, with hot drinks and pastries

09:30

Jeanine Young

Reducing preventable sleep-related infant death in priority populations

10:30

Janette Westman

Caring for Babies at Night

11:15

Coffee Break

11:45

Kathie Marinelli

Breastfeeding and Bed-sharing

12:45

Durham Infancy and Sleep Centre with Possums & Co

Launch of Sleep Baby & You Training Programme for UK Practitioners

12:50

Lunch

13:50

Kristin Tully

Renovating postnatal unit care for patient safety and wellness

14:50

Lisa Sutherland and Lea Geiger

Safer Infant sleep: A Shared Responsibility

15:50

James McKenna

20 Years of Research-Led Changes

16:40

Finish

7

translations into
different
languages



15

partnerships
with parenting
and infant care
charities



3 million

GBP in research grants



5300

families have
taken part



22 years of



Durham
University

Infancy & Sleep Centre



7

hospitals have
taken part

5000

visits to our website
every week



120

academic
papers published

5,500

hours of video
monitoring



Presentations

Professor Jeanine Young

Reducing preventable sleep-related infant death in priority populations: the role of evidence-based, responsive, and practical, public health strategies.

Jeanine's association with Professor Helen Ball began in 1999 after completion of her doctoral studies exploring night-time sleep behaviours of breastfeeding mothers and their babies through the University of Bristol's Faculty of Medicine under the supervision of Professors Peter Fleming and Peter Blair. On her return to Australia in 2000, Jeanine established a research program that has explored and directly contributed to the evidence-base underpinning parent advice provided by health professionals and the infant care practices used by parents in caring for their babies. Jeanine will share highlights from original studies which have focussed on strategies that keep babies and their parents both close and safe during night-time and sleep-related caregiving, which incorporate the concepts of risk minimisation in infant care practices used by parents, supported by the Durham Infant Sleep Centre. These studies will be used to explore the messages that present parents with the most challenges and how we can use valuable parent insights to inform contemporary parenting advice and support in both acute and community settings. Study results have contributed to the Queensland Health risk minimisation guidelines for safe infant sleep through key partnerships with the Queensland Paediatric Quality Council, parent advice materials used by several nongovernment agencies, and will continue to inform revisions of the Safer Sleep campaign planned for 2022 in Queensland.

Highlights from studies that will be briefly shared include:

- Queensland Infant Care Practice study and Queensland SUDI study
- Queensland Pēpi-Pod® Program: novel portable sleep space introduced to Australian Indigenous communities and under-served populations;
- ESCCaPE and mini-ESCCaPE study: pilot trials of portable infant sleep spaces designed to promote mother-infant proximity in postnatal environments.



**Jeanine Young, PhD
BSc (Hons) RN RM
Neonatal Nurse (ENB
405) Special and
Intensive Care of the
Newborn**

Professor Jeanine Young is a Registered Nurse, Registered Midwife and Neonatal Nurse. She has worked in Australia and the United Kingdom in neonatal intensive care, paediatrics and community child health. Jeanine has a special interest in infant care practices; in particular breastfeeding and parent-infant bed-sharing, which formed the basis of her doctoral studies. Her research program, which has received international recognition, investigates Queensland's infant mortality rate, focussing on evidence-based strategies to: assist health professionals in sharing Safe Sleep messages with families; reduce Indigenous infant mortality; and support bereaved families. In addition to being the Australian lead on the Pēpi-Pod Program in collaboration with New Zealand's Change for our Children, Jeanine has initiated the Enabling Safe and Close Care in Postnatal Environments (ESCCaPE and mini-ESCCaPE trials), the first Australian trials of a sleep enabler suitable for postnatal units to support breastfeeding and promote safer infant sleep environments in hospital. Jeanine works in partnership with government, industry, safety and regulatory bodies, and communities in translating evidence into practical advice for parents. Her efforts in reducing infant mortality through supporting the role of health professionals and health promotion within communities have received state, national and international recognition.

Janette Westman

UNICEF UK Baby Friendly guidance and recommendations around the care of babies during the night

The relationship between UNICEF UK Baby Friendly Initiative and BASIS took root in the early 2000s, when Helen Ball was undertaking research looking at the links between bedsharing and successful infant feeding. The research produced by BASIS over the last 20 years has been vital and Baby Friendly has been instrumental in disseminating the evidence throughout Health Visiting, Midwifery and Children's services and University programmes, which provide training for the health professionals. This collaboration continues to reduce the numbers of co-sleeping deaths and an increase in breastfeeding rates. This talk will outline the background of this relationship and celebrate its' success in creating an environment where health professionals are enabled to share information with parents about the benefits, risks and provision of safe bedsharing practices, using evidence based information.



**Janette Westman RN, RM,
MCIG, MSc**

Janette works with the UNICEF UK Baby Friendly Initiative. In her role as a Senior Professional Officer she is responsible for leading assessments for midwifery, neonatal, health visiting and children's centre services, as well as facilitating various courses that Baby Friendly provides. With a background in midwifery spanning 40 years, Janette has a wealth of experience in all aspects of midwifery, including as an infant feeding coordinator and has special interests in neonatal hypoglycaemia and also in the provision of evidence-based information for parents with regard to where their babies sleep at night.

Dr Kristin Tully

Renovating postnatal unit care for patient safety and wellness

Learning objectives:

1. Define the concept of the 4th trimester.
2. Describe birthing parent perspectives of their postnatal unit experiences.
3. State opportunities for strengthening systems of perinatal care.

This presentation will define the concept of the 4th trimester and describe birthing parent perspectives of safe, respectful postpartum healthcare. The session will focus on patient accounts and filmed observations of sleep-related experiences on postnatal units. Opportunities for advancing health equity will be outlined, including improved maternal-infant access through a new bassinet design, strengthening patient-provider communication, and structuring care to be more accommodating to new family needs.



Kristin Tully, PhD

Dr. Kristin Tully is a medical anthropologist and Research Assistant Professor in the Department of Obstetrics and Gynecology at the University of North Carolina at Chapel Hill. She has interdisciplinary training on safe, respectful perinatal care from the University of Notre Dame, Durham University, and as a Postdoctoral Fellow at Duke University. At UNC, she is a member of the 4th Trimester Project and currently serves as a Principal Investigator or Co-Investigator on research funded by the U.S. Health Resources and Services Administration, the National Institutes of Health, the Agency for Healthcare Research and Quality, and the Patient Centered Outcomes Research Institute. She is the Co-Chair of the Innovation Support Core of the Maternal Health Learning and Innovation Center and is Founder and Chief Scientist of Couplet Care, LLC. Dr. Tully partners with birthing parents, their companions, and healthcare team members to co-define unmet needs and develop sustainable solutions for equity and health.

Professor Kathleen Marinelli

Breastfeeding and Bed-sharing



**Kathleen Marinelli MD,
IBCLC, FABM, FAAP**

Kathie is a Clinical Professor of Pediatrics, University of Connecticut School of Medicine, and a neonatologist, Human Milk Research Center, Connecticut Children's Medical Center, Hartford, Connecticut, USA. She graduated from Cornell University School of Medicine, completing postgraduate training at Children's National Medical Center, George Washington University, Washington DC. She served 12 years on the Academy of Breastfeeding Medicine Board of Directors, chaired its Protocol committee for many years, is past-chair of the US Breastfeeding Committee, chaired the BFHI-USA NICU Initiative, serves on the BFHI-USA Medical Advisory Committee, and served on the ILCA Board of Directors. She's been medical director of two Human Milk Banking Association of North America milk banks and is Associate Editor of the Journal of Human Lactation. She has authored many chapters, research papers, and ABM protocols. Among her research interests are breastfeeding and human milk in the NICU, Baby-Friendly and Baby-Friendly NICU, donor milk and milk banking, Infant and Young Child Feeding in Emergencies, maternal-child health especially during COVID, and educating medical professionals. She enjoys lecturing globally.

Lea Geiger and Lisa Sutherland

Safer Infant Sleep: A Shared Responsibility

This presentation will discuss a jurisdiction wide approach to the implementation of a new resource developed by Perinatal Services BC, called Safer Infant Sleep. The Safer Infant Sleep resource provides new information about having conversations about infant sleep using a harm-reduction approach that is person and family-centred, trauma informed and culturally safe to reduce risk of harm and promote evidence-informed safer sleep practices. Safer Infant Sleep was created with the primary intent of reducing the rate of sudden, unexpected death during sleep, as this is a leading cause of infant mortality in British Columbia and across Canada. This new resource highlights that all health-care providers play an important role in raising awareness and adopting the recommendations made in this resource, especially if they work with parents/caregivers and infants.



**Lea Geiger RN, BScN,
IBCLC**

Lea Geiger is the Provincial Clinical Coordinator, Maternal Infant Health for Perinatal Services BC which provides leadership, support, and coordination for the strategic planning of perinatal services in British Columbia. Lea has over 28 years of experience in maternal infant care; including Clinical Nurse Instructor for Thompson Rivers University in Kamloops, BC. She obtained her BScN from Thompson Rivers University and is also an International Board Certified Lactation Consultant (IBCLC). Lea has also acted in leadership roles at regional and national levels as the past co-chair of the Breastfeeding Committee for Canada (BCC) BFI Assessment Committee, past co-chair of the BCC Provincial-Territorial BFI Implementation Committee and past member of the BCC Board of Directors. Lea is a Baby-Friendly Initiative (BFI) Assessor for the Breastfeeding Committee for Canada. While considering the individual needs of women/individuals and families in British Columbia, Lea is passionate about the implementation of the BFI QI frame work at the facility and community level and the promotion of equitable access to trauma informed, gender affirming and harm reducing care to optimize pregnancy and birth outcomes as a foundation for a healthy population across the continuum of care.



**Lisa Sutherland BA,
RM, IBCLC**

Lisa Sutherland is the Midwifery Lead for Perinatal Services BC which provides leadership, support, and coordination for the strategic planning of perinatal services in British Columbia. Along with contributing to the overall goals of PSBC, she supports the integration and sustainability of midwifery services. Lisa holds a Bachelor of Arts from the University of Victoria and a degree in Midwifery from the University of British Columbia. She is a Registered Midwife and Board Certified Lactation Consultant (IBCLC) with over a decade of experience in perinatal care. She holds a clinical faculty appointment to the Faculty of Medicine at the University of British Columbia. Her previous roles include acting Department Head of Midwifery at Saint Paul's Hospital in Vancouver and board member of the Midwives Association of BC. Lisa is passionate about centering the needs and aspirations of families and is committed to health equity and inclusive healthcare.

Professor James McKenna

20 Years of Research-led Changes



James McKenna, PhD

A world-renowned expert on infant sleep – in particular the practice of bed sharing or “co-sleeping,” especially in relation to breastfeeding, James is a widely quoted authority on this frequently debated parenting issue. As director of Notre Dame’s Mother-Baby Behavioral Sleep Laboratory, he is known for conducting the first ever physiological and behavioral studies of the differences between solitary and co-sleeping mother-infant pairs. James is a strong proponent of co-sleeping and focuses his research specifically on the relationship between sleeping arrangements, feeding method and risk factors for Sudden Infant Death Syndrome (SIDS). The author of “Sleeping With Baby: A Parent’s Guide to Co-sleeping,” James has also published more than 130 refereed articles in medical, anthropology and psychology journals and completed two monographs on SIDS and infant sleep.

Posters



**Alice-Amber Keegan,
BSc, MScR**

Can providing an in-bed bassinet for the in-patient postnatal stay encourage breastfeeding and responsive care?

Alice manages Durham Infancy and Sleep Centre alongside completing a PhD funded by the Economic and Social Research Council (ESRC). Her PhD research is looking at the influence of sleep location on parental caregiving in the in-patient postnatal period and breastfeeding outcomes. Other interests include SUDI prevention and safe sleep interventions for those at high risk of SIDS.



**Dr Vicky Thomas,
Consultant Paediatrician
MBBS MRCPCH**

An anthropologist in the clinic room

Vicky is a general paediatrician at the Great North Children's Hospital Newcastle, with a specialist interest in infant behaviour, growth and nutrition. She is particularly interested in feeding and bonding in children with complex medical conditions and writes and speaks on this topic. She is a professional adviser to La Leche League GB, a trustee of First Steps Nutrition Trust, the co-chair of the Hospital Infant Feeding Network and on the scientific committee of the Lullaby Trust. In her spare time she likes to run, bake and eat, not necessarily in that order.



**Charlotte Treitl, BSc,
IBCLC**

Supporting Safe Sleep in
our Community of
Breastfeeding Friends

Charlotte (she/her/they) is a psychologist and IBCLC based in East Lancashire with years of experience as a peer supporter and volunteer coordinator. Charlotte works tirelessly to support, protect, and promote breastfeeding in her private practice and through volunteering in the local community. Her passion comes from her own difficult experience breastfeeding her son, Leo. Charlotte provides infant feeding support to families in a variety of settings, and frequently takes part in providing training and education for other baby and childcare professionals on a variety of infant feeding topics. Charlotte is currently training as a Holistic Sleep Coach.



**Andrea Silva-Caballero,
BA, MSc**

A cross-cultural quest in
search of the optimum
adolescent sleep quota.
Is adolescents' sleep in
non-industrialized
contexts optimal?

Andrea has specialized in medical anthropology with a focus on the pediatric population. She holds an MSc in Evolutionary Medicine awarded in 2017 by the University of Durham, and is currently a member of the Durham Infancy & Sleep Center, where she works on her Ph.D. research.

Andrea's study aims to reexamine current biomedical ideas concerning adolescent sleep by examining and comparing adolescents' sleep patterns in two rural sites and one urban site in Mexico. In particular, she addresses the phase shift in adolescents' sleep-wake cycle and the influence of artificial light and solitary sleep on their sleep timing and duration. Andrea's research is being funded by the Mexican National Council of Science and Technology (CONACYT).

Leicester Mammass

Mammass: The use of Basis with parents in Leicester



Robina Hussain

Robina Hussain is a Director of Leicester Mammass and is Company Secretary. She is a mother of four, and has a background in accountancy. Robina trained as a Breastfeeding Peer Supporter with Mammass in 2016. She has co-facilitated core Mammass Baby & Me topic-based sessions since 2018. Robina is the Lead for Leicester Mammass Child Development strand, developing and delivering a number of courses for parents of children aged one to three years. She has a special interest in supporting parents around sleep.



Sally Etheridge, IBCLC

Sally Etheridge is the founder of Leicester Mammass, and is the Programme Coordinator. She is an Infant Feeding Specialist, and has been supporting families for 20 years, first as a La Leche League breastfeeding counsellor, and since 1998 as an International Board Certified Lactation Consultant. Sally was previously a modern languages teacher and has a special interest in multi-culturalism and diversity. A core element of her approach to protecting, promoting and supporting breastfeeding is its role in the wider society: mitigating poverty, health inequalities and social isolation, and creating strong communities of women from all walks of life.

Launch



Following their infant's birth, parents in contemporary post-industrial societies can experience acute sleep disruption for which they are unprepared, and which for some results in profound negative outcomes such as depression and anxiety.

Currently, practitioners have few options to offer parents other than infant behaviour modification. The Sleep, Baby & You intervention is based on the Possums Sleep Approach developed in Australia that uses a combination of education about infant sleep biology and parental acceptance strategies.

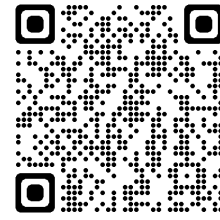
Using a colourful and humorous discussion tool, Sleep, Baby & You offers a new evidence-based approach for training health professionals to support parents in how normal infant sleep develops, how infant related sleep disruption affects parents, and how parents can make changes to accept normal infant sleep without medicating or sleep training their baby.

**We are excited to announce
that training to use Sleep,
Baby & You is now available
for health professionals
through POSSUMS & CO.**

Basis

Baby sleep info source

INFANT SLEEP WEBINARS



Normal
Infant
Sleep



SIDS and
Sleep
Safety

Keep up to date!



www.basisonline.org.uk



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Our caterers at Durham University, Olivia's Kitchen, and the Cheese & Pickle.





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Baby sleep info source

www.basisonline.org.uk