

Seminar Series

The Early Years: From Research to Policy to Practice

The Seminar Series is proudly presented by the Murdoch Childrens Research Institute and The Royal Children's Hospital Centre for Community Child Health.

The impact of sleep on children's health, development and learning: from birth through to primary school years

Date: Tuesday 13th November, 2012

Venue: Melbourne Convention and Exhibition Centre, South Wharf, Victoria

Time: 9.00am – 1.30 pm (Registration from 8.30am)

Background

The Murdoch Childrens Research Institute and the Royal Children's Hospital Centre for Community Child Health invite you to a special half day seminar on **13th November, 2012** at the **Melbourne Convention & Exhibition Centre, South Wharf, Vic.**

About the Seminar

This seminar brings together researchers and key experts to address the impact of sleep on children. It is designed for early years services, schools, health professionals, local government, policy makers and researchers. It aims to discuss the latest in research into infant and child sleep problems including normal sleep development, common sleep problems, and evidenced-based interventions for the prevention (infant) and management (school children) of behavioural sleep problems.

About the Keynote Speakers


We are excited to welcome:

- **Professor Ian St James-Roberts, PhD, CPsychol; FBPsS.**, is Emeritus Professor of Child Psychology, based in the Thomas Coram Research Unit, Institute of Education, University of London, UK. He has conducted research into children's emotional and behavioural development and problems with the support of the United Kingdom Wellcome Trust, Medical Research Council, Government Home Office, Health Service Executive, Youth Justice Board for England & Wales, and business organisations. He has published extensively in medical and psychological journals, co-edited two books on infant crying and sleeping problems. His most recent book, is called 'The Origins, Prevention and Treatment of Infant Crying & Sleeping Problems: an evidence-based guide for healthcare professionals and the families they support'.
- **Associate Professor Harriet Hiscock**, is a paediatrician at The Royal Children's Hospital Centre for Community Child Health and Senior Research Fellow at the Murdoch Childrens Research Institute. She has an interest in infant crying, sleep and behaviour and maternal wellbeing. She has a wealth of experience in conducting Randomised Control Trials, reviewing literature, medical writing and editing, and engaging with families through clinical work.
- **Dr John Quach**, is a postdoctoral researcher at the Murdoch Childrens Research Institute. He has an interest in children's health and behavioural problems, such as poor sleep, and their impact on children's education in the early years of school. He has experience in conducting Randomised Controlled Trials in primary schools of interventions which aim to improve health and behavioural conditions to enable children to have a healthier start to school.

Also sharing insights about working with vulnerable families will be **Beverley Allen**, Acting Director of Nursing, QEC Early Parenting Centre followed by a panel session with all the speakers.

We hope you can join us at this event. If you would like to register for this event, please fill in the attached registration form and return via email, mail or fax to (03) 9345 5892.

Best Wishes,



Frank Oberklaid, Director, Centre for Community Child Health

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Agenda

8.30AM TO 9.00AM	Registration
9.00AM TO 9.15AM	Welcome
9.15AM TO 10.15AM	<p><u>Keynote presentation</u></p> <p>The great infant sleep debate: what roles do parenting behaviour and co-sleeping play?</p> <p><i>Ian St James-Roberts, PhD, Emeritus Professor of Child Psychology, based in the Thomas Coram Research Unit, Institute of Education, University of London, UK</i></p>
10.15AM TO 11.00AM	<p><u>Developing the research to inform policy and practice</u></p> <p>Early intervention and prevention to address sleep and crying problems in infants</p> <p><i>Associate Professor Harriet Hiscock, Centre for Community Child Health and the Murdoch Childrens Research Institute</i></p> <ul style="list-style-type: none"> • Sleep and crying problems are common in infancy and are associated with postnatal depression and, in rare cases, child abuse. Strategies to prevent such infant problems from arising in the first place may help reduce these adverse consequences and could be readily incorporated into the 'new media' of apps and interactive, online experiences.
11.00AM TO 11.30AM	MORNING TEA
11.30AM TO 12.15PM	<p><u>Developing the research to inform practice</u></p> <p>Addressing sleep problems and improving social and emotional outcomes for school age children: Key findings from the Sleep Well Be Well Study</p> <p><i>Dr John Quach, Centre for Community Child Health and the Murdoch Childrens Research Institute</i></p> <ul style="list-style-type: none"> • Sleep problems during the early years of school • Key findings from the Sleep Well – Be Well study • The next step in the research to practice pathway
12.15PM TO 12.45PM	<p><u>Working with vulnerable families</u></p> <p>Responsive practice, Responsive parenting and Responsive settling: Working in partnership with vulnerable families</p> <p><i>Beverley Allen, Acting Director of Nursing, QEC Early Parenting Centre</i></p> <ul style="list-style-type: none"> • Families with complex needs responding to their infants: what are the presenting concerns • Using the evidence base in practice
12.45PM TO 1.20PM	Panel Discussion with all speakers
1.20PM TO 1.30PM	Close



Murdoch Childrens
Research Institute
Healthier Kids. Healthier Future.

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Registration Form

Please fax registration form to 03 9345 5892 or email to catherine.archer@rch.org.au

Registration is required by Tuesday 6th November, 2012.

 Name _____ Position/Role _____
 Email address (Required) _____
 Organisation _____
 Address _____
 Suburb _____ State _____ Post/code _____
 Phone _____ Fax _____
 Special Dietary requirements _____

Payment Details

Cost: \$125.00 incl. GST (Cancellation Policy: Full fee payable if less than 1 weeks notice given)

Payment Details: Credit Card Cheque (please make payable to **Murdoch Childrens Research Institute**)

Card type Mastercard Visa **Amount \$** _____

Card Number _____ **Expiry date** _____ / _____

Name on card _____

Signature _____

Mail to:
Cathy Archer
Centre for Community Child Health
The Royal Children's Hospital
Flemington Road
PARKVILLE VIC 3052

Fax to:
(03) 9345 5892

Email to:
catherine.archer@rch.org.au

For enquires please phone (03) 9345 6337

NB- Fees will be refunded only if participants withdraw one week prior to commencement of a seminar. After this date, no refund will be made.

This registration form becomes a tax invoice upon receipt of payment

Murdoch Childrens Research Institute, ABN 21 006 566 972