Baby Sleep Trainer Project Idea Issues/Positives Discussion

Expanding on ideas

The idea of having a child sleep program training aid could improve the health of the family. According to Krader & Honaker (2018) sleep is vital for both the health and development of children. Infants sleep patterns are mostly determined by parent involvement and how the parent trains the infant to sleep (Sadeh, Tikotzky & Scher 2010). Issues with infants sleep can cause health and mood issues in parents. The aid could eliminate child sleep apnoea to go on for long periods of time allowing for a healthier family.

Problems that need to be solved

Having children can be time consuming and full of issues that need to be solved. An issue that many parents face is training their babies to sleep through the night and part of this is training the parent in what to do. After conducting an interview with a mother of a 10 month old baby with sleep issues we came up with the below issues;

* There are many sleep programs to choose from which can be daunting and expensive.
* Some of the sleep programs can be emotionally draining i.e. Hearing baby cry can be emotional on the parent.
* Programs that do not have an expert to listen and coach the parents can lead to the parents having doubt in their ability to successfully carry out the program.
* New parents might not have money to buy an expensive device.

Possible solutions to solve above issues

Issue - There are many sleep programs to choose from which can be daunting and expensive.

Solution - By having a device that can choose a certain sleep program depending on the child’s current sleep pattern and change the sleep program along the way as the child’s sleep pattern changes it can take the decision away from the parent.

Issue - Some of the sleep programs can be emotionally draining i.e. Hearing baby cry can be emotional on the parent.

Solution - Having an option on how intensive the sleep program should be could ease parents into the sleep program. Some parents get emotionally drained from hearing their child cry so they could have a mild sleep program, however other parents may want an intensive program that progresses quicker.

Issue - Programs that do not have an expert to listen and coach the parents can lead to the parents having doubt in their ability to successfully carry out the program.

Solution – By having a device that can record the babies sleep pattern and then display it to an expert, advice could be given to the parent. Another option could be if the device was connected to an external source advice could be given by an expert to the parent while the parent is following the program.

Issue - New parents might not have money to buy an expensive device.

Solution - The device could be an application run on a spare tablet or smart phone. By having an application the parent could just use a spare device eliminating purchasing another device and reducing the overall cost.

References

Krader, C.G. & Honaker, Sarah Morsbach, P.H.D., C.B.S.M. 2018, "Sleep management is crucial for infants and young children/COMMENTARY", *Contemporary paediatrics*, vol. 35, no. 12, pp. 27-28.

Sadeh, A., Tikotzky, L. & Scher, A. (2010). “Parenting and infant sleep”, *Sleep Medicine Reviews*, 14(2), pp.89-96.