UNIVERSITY OF WEST LONDON
The Career University

UWL REPOSITORY

repository.uwl.ac.uk

The impact of sleep training on the mother-child relationship

Mancz, Gilly and Wigley, Wendy ORCID logoORCID: https://orcid.org/0000-0002-7778-9818 (2018) The impact of sleep training on the mother-child relationship. In: 38th Annual Society for Reproductive and Infant Psychology Conference at University of Lodz, 11 - 12 September 2018, Lodz, Poland.

This is the Presentation of the final output.

UWL repository link: https://repository.uwl.ac.uk/id/eprint/5502/

Alternative formats: If you require this document in an alternative format, please contact: open.research@uwl.ac.uk

Copyright:

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy: If you believe that this document breaches copyright, please contact us at open.research@uwl.ac.uk providing details, and we will remove access to the work immediately and investigate your claim.

Rights Retention Statement:

UNIVERSITY OF PORTSMOUTH

UNIVERSITY OF WEST LONDON
The Career University

The impact of sleep training on the mother-child relationship

Gilly Mancz – Lecturer, University of Portsmouth

Wendy Wigley – Interim Head of School, University of West London

Sleep disturbance in early childhood – frequency and impact

- Behavioural insomnia is the most common sleep disturbance in the under-fives age group [1]
- Associated with negative outcomes for both the child and their family [2,3][4-6]
- Interventions such as controlled crying and gradual retreat are the recommended treatment [1,6]

Neuroscience and behavioural interventions - contention in the literature

- Interventions
  - Controlled crying
  - Gradual retreat
  - Extinction

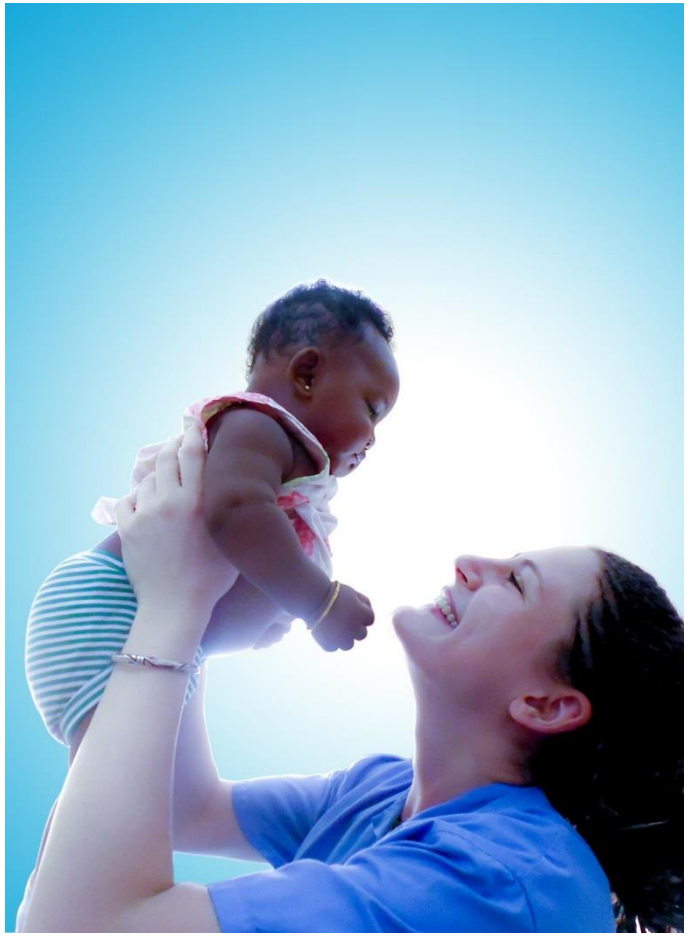
- Contention
  - Techniques that ignoring a child's distress may cause damage to infant mental health and the parent-child bond [8-10].

Behavioral interventions and infant stress response

- Middlemiss et al (2012)[11] found infants' physiological response remained heightened after behavioural cues resolved
- Findings not replicated in two further studies [12-13]
  - No differences found between controlled crying, gradual retreat or control group five years post intervention [12]
  - RCT found no distinction in cortisol levels or mother-child attachment between children in modified extinction groups or control group [13]

Behavioral interventions and maternal mental health

- Low maternal mood is associated with poor infant sleep
- Maternal mood was found to improve in groups offered behavioural interventions compared to control groups in two RCT studies [14-15]
- Prioritising support for managing sleep disturbance could also reduce incidence of postnatal depression



Recommendations for practice

- The current evidence is that behavioural techniques are not associated with harm to
  - infant mental health
  - parent-child attachment
  - and can improve maternal mental health,
- Practitioners working with parents of infants with sleep disturbances can confidently recommend
  - controlled crying
  - gradual retreat

References

- [1] Hill, C. (2011) Practitioner Review: Effective treatment of behavioural insomnia in children. *Journal of Child Psychology and Psychiatry* 52 (7): 731–741
- [2] Holley, S., Hill, CM., & Stevenson, J. (2011) An hour less sleep is a risk factor for childhood conduct problems. *Child Care Health Dev* 37 (4): 563-570
- [3] Taveras, E., Rifas-Shiman, S., Oken, E., Gunderson, E., & Gillman, M. (2008) Short Sleep Duration in Infancy and Risk of Childhood Overweight. *Archives of Paediatric and Adolescent Medicine* 162(4):305-311
- [4] Hiscock, H., & Wake, M. (2002) Randomised controlled trial of behavioural infant sleep intervention to improve infant sleep and maternal mood. *BMJ* 324: 1062
- [5] Smart, J., & Hiscock, H. (2007) Early infant crying and sleeping problems: A pilot study of impact on parental well-being and parent-endorsed strategies for management. *Journal of Paediatrics and Child Health* 43 (1-2): 284-290
- [6] Črnčec, R., Matthey, S., & Nemeth, D. (2009) Infant sleep problems and emotional health: a review of two behavioural approaches. *Journal of Reproductive and Infant Psychology* 28 (1): 44-54
- [7] Moturi, S., & Avis, K. (2010) Assessment and Treatment of Common Pediatric Sleep Disorders. *Psychiatry* 7 (6): 24-37
- [8] Gerhardt, S. (2004) why love matters: how affection shapes a baby's brain. East Sussex: Routledge

References

- [9] Blunden, S., Thompson, KR., & Dawson, D. (2011) Behavioural sleep treatments and night time crying in infants: challenging the status quo. *Sleep Medicine Reviews*. 15 (5): 327-34
- [10] Australian Association for Infant Mental Health Inc (2013) *Controlled Crying – Position Paper 1*. Available at: https://www.aaimhi.org/key-issues/position-statements-and-guidelines/AAIMHI-Position-paper-1-Controlled-crying.pdf[Accessed 23.8.18]
- [11] Middlemiss, W., Granger, D., Goldberg, W., & Nathans, L. (2012) Asynchrony of mother-infant hypothalamic-pituitary-adrenal axis activity following extinction of infant crying responses induced during the transition to sleep. *Early Human Development* 88(4):227-232
- [12] Price, A., Wake, M., Ukoumunne, O., & Hiscock, H. (2012) Five-Year Follow-up of Harms and Benefits of Behavioural Infant Sleep Intervention: Randomized Trial. *Pediatrics* 130 (4):643-51
- [13] Gradisar, M., Jackson, K., Spurrier, N., Gibson, J., Whitman, J., Williams, A., Dolby, R., & Kennaway, D. (2016) Behavioural Interventions for Infant Sleep Problems: A Randomized Controlled Trial. *Pediatrics*. 137 (6):e20151486
- [14] Hiscock, H., Bayer, J., Hampton, A., Ukoumunne, O., & Wake, M. (2008) Long-term Mother and Child Mental Health Effects of a Population-Based Infant Sleep Intervention: Cluster-Randomized, Controlled Trial. *Pediatrics* 122 (3): e621-627
- [15] Hall, W., Hutton, E., Brant, R., Collet, J., Gregg, K., Saunders, R., Ipsiroglu, O., Gafni, A., Triolet, K., Tse, L., Bhagat, R., & Wooldridge, J. (2015) A randomized controlled trial of an intervention for infants' behavioural sleep problems. *BMC Pediatrics*. 15:181

Questions

UNIVERSITY OF PORTSMOUTH

UNIVERSITY OF WEST LONDON
The Career University