



Dr. Erin Leichman

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Erin Leichman, Ph.D., NCSP is a senior research psychologist at Saint Joseph's University in Philadelphia, PA, and the Executive Director of the Pediatric Sleep Council. She serves as the primary editor of BabySleep.com, a website dedicated to providing publicly-available information on sleep in infants and toddlers. Dr. Leichman's research focuses on pediatric sleep in young children and their families, publishing in such journals as *Sleep Medicine*, *Journal of Sleep Research*, and *Journal of Clinical Child and Adolescent Psychology*. Dr. Leichman is a licensed psychologist and Nationally

Certified School Psychologist with specialized training in behavioral sleep medicine. Dr. Leichman received her doctorate from Lehigh University, completing her internship at Louisiana State University Health Sciences Center and postdoctoral clinical training at The Kennedy Krieger Institute at The Johns Hopkins University School of Medicine. She also trained at the Sleep Center at the Children's Hospital of Philadelphia.

General aspects of sleep for mother and infant

Sleep is a critical component of development in young children. It is also essential for maternal health and well-being.

From early infancy through toddlerhood, sleep patterns change significantly.

These changes affect not only the infants themselves but also their mothers and families.

This presentation will outline the timeline of changes in maternal and child sleep patterns throughout early childhood. Common parental concerns related to infant sleep will also be discussed.