



# NR602 Clinical Pearl Worksheet

## Topic 1 - Sleep routines

Topic name	Sleep routines
Negative interactions/behaviors	<ul style="list-style-type: none"> <li>- Mom asking for Benadryl or Xanax for the baby to help him sleep better</li> <li>- Baby falls asleep in front of the TV every night</li> <li>- Sometimes baby sleeps for 10 hours and doesn't want to wake up</li> </ul>
Positive interactions/behaviors	<ul style="list-style-type: none"> <li>- Mom seems concerned about getting baby on a consistent sleep routine</li> <li>- Mom seems concerned about the baby sleeping for 10 hours at a time and the difficulty to arouse</li> </ul>
Guidelines and recommendations	The CDC recommends at age 18 months, 11-14 hours per 24 hours, including naps (Center for Disease Control and Prevention, 2022)
Professional/ethical communication	It is vital for the baby to have consistent nap and bedtime routines for healthy growth and development. At this point, it is inappropriate to medicate the baby to help him sleep. First start with lifestyle modifications such as eliminating the TV in his bedroom, omitting screentime before 2 years old, limiting sugary drinks, and add in nightly parent/child quiet interactions such as bath time, brushing teeth, story time, and other soft, quiet activities.
APA reference	Centers for Disease Control and Prevention. (2022). <i>How much sleep do I need?</i> Centers for Disease Control and Prevention. <a href="https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html">https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html</a>

## Topic 2 - Cognitive developmental milestones

Topic name	Cognitive developmental milestones
Negative interactions/behaviors	<ul style="list-style-type: none"> <li>- Mom giving 18-month-old baby a jigsaw puzzle and expecting him to be able to complete it on his own</li> <li>- Mom is frustrated with baby for being interested in her phone</li> <li>- Mom doesn't read to baby, she hands him the book</li> <li>- Baby doesn't give mom a kiss when asked</li> </ul>
Positive interactions/behaviors	<ul style="list-style-type: none"> <li>- Mom is concerned about her baby possibly not meeting milestones</li> <li>- Baby feeds himself with a spoon</li> </ul>