Preterm Sleep and the Developing Brain:

Exploring Real-Time Sleep Assessment and Evidence-Based Sleep Strategies



OBJECTIVES:

1. Describe the importance of sleep for newborn brain development.
2. Identify distinct infant behaviors used to differentiate between active sleep, quiet sleep, and awake states of newborn and preterm infants.
3. Identify at least three evidence-based sleep strategies to optimize sleep during and after discharge from the neonatal intensive care unit (NICU).

Hosted by: Joya Child & Family Development

Instructor: **Christy Gliniak, PhD, OTR/L, CNT, CPXP**

When: Thursday December 3, 2026 from 4:30-6:30p.m.

Where: Joya Child & Family Development
1016 N. Superior St. Spokane, WA

Details: Light refreshments and social from 4:30-5:00 p.m.
Program begins at 5:00 p.m.

RSVP: There is no cost to attend, but do let us know if you're coming! Please RSVP by November 30th to Ginette Kerkering, PT, DPT/Joya Program Director at *Ginette.Kerkering@Joya.org*. Or call 509-326-1651 for more information.

Joya
CHILD & FAMILY DEVELOPMENT

Our Presenter: Dr. Christy Gliniak is a neonatal occupational therapist, international speaker, consultant, and collaborative leader advancing neuroprotective, trauma-informed developmental care in the NICU. She serves on the National Association of Neonatal Therapists (NANT) leadership team and as Conference Co-Chair, fostering education and partnerships to advance neonatal therapy worldwide.

Christy is an Associate Professor in Fielding Graduate University's Infant and Early Childhood Development Program within the School of Psychology and a PRN neonatal therapist at MultiCare Deaconess NICU. She also serves on the National Perinatal Association Board and co-chairs the Advocacy Committee of the Family-Centered Care Task Force. Her commitment to international collaboration has led to visiting researcher appointments at UMC Utrecht's Wilhelmina Children's Hospital in the Netherlands and with Stanford University's neonatology team.

Her work spans neonatal sleep and brain development, trauma-informed care implementation, and infant mental health for NICU families. She is particularly committed to supporting rural, Indigenous, and military families, as well as infants and parents affected by substance use disorders.