



Marly Higgins Driskell



EDUCATIONAL EXPERIENCES

1994-1996 Houston Community College (Undergraduate)

1992-1993 National Academy of Nannies, Inc.
1681 S. Dayton Street
Denver, CO 80231

1987-1991 San Marcos Baptist Academy
2801 Ranch Road 12
San Marcos, TX 78666-9406

1978–1987 Caltex American School
Rumbai Camp
Sumatra, Indonesia

Conferences and Training Workshops/Programs

- International Nanny Association Annual Conference
(Full course descriptions are available upon request)
 - Tucson, AZ, May 17-20, 2018
 - Chicago, IL, May 18-22, 2017
 - Washington, DC, May 12-14, 2016
 - Cancun, Mexico, April 23-26, 2015
 - Louisville, KY, April 12-15, 2013

- Childbirth & Postpartum Professional Association, "*New Parent Educator Training*", May 3 -4, 2018, Dallas TX
 - CAPPA
 - The New Parent Educator
 - Evaluating Research
 - Teaching Adult Learners
 - Cultural Factors in Learning
 - The Newborn
 - Caring for the Newborn
 - Newborn Procedures
 - Infant Feeding
 - Soothing
 - Infant Sleep
 - Home and Family
 - Teaching Specialty Classes
 - Life After Baby
 - Creating Well Organized Classes
 - Business Basics and Marketing

- Mama's Best Friend "*Advanced Care and Sleep for Multiples*", on-line course, March 12, 2018
 - Scheduling
 - Logging
 - Twin Tools
 - How to be Prepared

- Gibson Newborn Services, *Sleepwonders, Integrative Sleep Consultant Course*, November 20-22, 2017, Dallas TX
 - History of Sleep
 - Science of Pediatric Sleep
 - Sleep Conditioning from Birth
 - Working with Nurslings
 - Multiples
 - Reflux, Colic, and Teething
 - Less Common Medical Concerns
 - Sleep Foundations
 - Green Sleep Environment
 - Sleep Training for Older Babies
 - Soothing and Extending Sleep
 - Setting or Fixing Nap Time
 - Sleeping Through the Night Magic
 - Science of Consulting
 - Working with PMADs
 - How to Access your Client's Baby
 - Creating a Sleep Plan
 - Consulting Options
 - Starting a Business
 - Marketing/Branding/Defining
 - Pricing and Packages
 - Contracts and Liability Waivers
 - In-Depth Case Studies
 - Gibson Method
 - Overview of Sleep Training Methods

- Newborn Care Solutions *Sleep Solutions Workshop*, March 4, 2017, Houston TX.
 - Sleep
 - ♦ What is a 'well-rested' baby?
 - ♦ What is a 'well-rested' family?
 - ♦ How does the in-home postpartum provider help?
 - ♦ What exactly is sleep?
 - ♦ What is REM sleep?
 - ♦ What is non-REM sleep?
 - ♦ How much sleep do we need?
 - Sleep Patterns
 - ♦ Normal premature baby sleep patterns
 - ♦ Normal newborn sleep patterns
 - ♦ Normal infant sleep patterns
 - ♦ Circadian Rhythm
 - ♦ Can we improve circadian rhythm
 - ♦ What is metabolic rate and how does it affect newborn sleep?
 - ♦ Feeding and sleep: How are they related
 - ♦ Daily calorie example
 - Environmental affects
 - ♦ Temperature: Warm or cool?

- ♦ Sleep environment
- ♦ Safe sleep environment and 'back to sleep'
- Signs of a sleep problem
 - ♦ "Your Brain on no sleep" video
 - ♦ Effects of sleep deprivation in infants
- How do we help babies sleep well?
 - ♦ The basics, just in case...
 - ♦ Swaddling
- Problems you may encounter with sleep – what do you do?
- Creating a successful sleep plan
 - ♦ Steps to creating a successful sleep plan
 - ♦ What if the parents don't follow the plan?
 - ♦ Is success possible without a sleep plan?
- Six case studies presenting scenarios and how to best handle each?

Newborn Care Solutions Foundational *Newborn Care Specialist Training*, February 10-12, 2017, Seattle, Washington

- What is an NCS
- Basic Newborn Care
- Building a Nursery
- Special needs of preemies
- Caring for Multiples
- Caring for and building up a post-partum mom
- Signs of post-partum depression and what to do
- Recognizing signs of various feeding issues
- Recognizing signs of food allergies and intolerances in infants
- Major methods of sleep training
- Getting our NCS business off the ground
- Getting more experience
- Tax Overview
- Contracts with clients
- Liability insurance
- Educating agencies about what I do
- Green Practices

- Newborn Care Solutions *Elite Retreat*, July 14-17, 2016, Prescott, AZ
Presentations by Carolyn Stulberg, BSN, CCE, Founder and Executive Director of Alexandria School

- Illness in the Newborn
- Rashes
- Brain
- Heart

- Newborn Care Solutions *Advance Training Workshop*, January 22-24, 2016, Phoenix, AZ

- "Infant Brain Development" by Tonya Sakowicz, Credential INA Nanny, Newborn Care
- Specialist, founder of Newborn Car Solutions
- "Better Business Practices" by Tonya Sakowicz

- “Managing Multiples” by Marly Higgins Driskell, Certified Professional Nanny, Credential INA Nanny, Newborn Care Specialist, Certified Overnight Nanny Training Specialist, INA Nanny of the Year 2015
 - “Working in High Profile Home” by Gary Cockerham, Domestic Estate Managers Agency’s (DEMA) Private Service Professional of the Year - 2015
 - “Infant Feeding” by Tonya Sakowicz
 - “Working with Preemies” by Tonya Sakowicz
 - “Car Seat Safety” by Lisa Cote, Child Passenger Safety Technician
 - “Problems in the NCS World” by Tonya Sakowicz
 - “Alternative Care Options” by Tonya Sakowicz
 - “Advanced Sleep Conditioning for Newborn Care Specialists” by Tonya Sakowicz
- Nannypalooza National Nanny Conference, October 2-4, 2015, Orlando, FL
- “Is This Normal? Understand your child’s development of misbehavior” by Amy Zolessi, Certified Conscious Discipline Instructor
 - “Schedule Your Way to Success” by Amy Zolessi, Certified Conscious Discipline Instructor
 - “Foundations of Healthy Sleep for Newborns” by Haleigh Haggerton Almquist, Certified Newborn Care Specialist, Certified Lactation Counselor and Brittany Hunt, Certified Newborn Care Specialist, Certified Lactation Counselor, and Certified Child Passenger Safety Technician
 - “Nanny Contracts: What You Need to Know” by Kathleen Webb, President HomeWork Solutions
 - “Conflict Resolution” by Amy Zolessi, Certified Conscious Discipline Instructor
- *Newborn Care Specialist On-Line Training Course*, by Newborn Care Training Academy, September 15, 2014
- Feeding and Nutrition
 - ♦ Formula Forms
 - ♦ Formula Types
 - ♦ How to Prepare Formula
 - ♦ Formula Storage
 - ♦ Breastmilk Storage
 - ♦ Breastmilk Prep
 - ♦ Signs of Allergies and Sensitivities
 - ♦ Switching Formulas
 - ♦ Bottle Types
 - ♦ Nipples and Sterilization
 - ♦ Feeding Guidelines
 - ♦ Burping
 - ♦ Hunger Cues
 - ♦ Feeding Schedules
 - ♦ Cluster Feeding
 - ♦ DHA & RHA
 - Breast Feeding
 - ♦ Milk Production
 - ♦ Anatomy
 - ♦ Milk Making Properties
 - ♦ Prolactin
 - ♦ Oxytocin
 - ♦ Stages of Milk Making
 - ♦ Baby Friendly Hospitals
 - ♦ The First Hour
 - ♦ Issues

- ♦ Engorgement
- ♦ Mastitis
- ♦ Boosting a Low Supply
- ♦ Contraindications
- ♦ Galactogues
- ♦ Alcohol
- ♦ Holds
- ♦ Latch
- ♦ Mom's Nutrition
- ♦ Bottle Feeding a Breast Fed Baby
- ♦ Pumps
- ♦ Breast Shields
- ♦ Supply Issues
- Managing Multiples
 - ♦ Facts
 - ♦ Risk Factors
 - ♦ Multiples on the Rise
 - ♦ Twins
 - ♦ Triplets
 - ♦ Higher Order Multiples
 - ♦ Management
 - ♦ Crying
 - ♦ Sleeping
 - ♦ Feeding
 - ♦ Products
- Preemie Care
 - ♦ Importance of Sleep
 - ♦ Sleep Development
 - ♦ Soothing Dr. Karp's 5 S's
 - ♦ Shaken Baby Syndrome
 - ♦ Sleepy Signs
 - ♦ Healthy Sleep Habits
 - ♦ Self-Soothing
 - ♦ SIDS
 - ♦ How to Set Up Nursery
 - ♦ Crib Safety
 - ♦ Crib Bumpers
 - ♦ Monitors
 - ♦ When to Swaddle
 - ♦ Tips for Swaddling
 - ♦ When to Stop
 - ♦ Swaddling Mistakes
 - ♦ Swaddle Types
 - ♦ Swaddling Demos
- ♦ Dream Feeds
- ♦ Intro to Sleep Training
- ♦ Behavioral Method
- ♦ Extinction
- ♦ Controlled Crying
- ♦ Cry it Out
- ♦ Ferber
- ♦ Gentle Approach
- ♦ Kim West
- ♦ Pantly
- ♦ McKenna
- ♦ No Cry Methods
- ♦ Rock a Bye
- ♦ Twelve Hours by Twelve Weeks
- Issues and Ailments
 - ♦ Newborn Warning Signs
 - ♦ Taking Temps
 - ♦ Medical Release Forms
 - ♦ Administering Medication
 - ♦ Fever & Pain Relievers
 - ♦ Vomiting
 - ♦ Colds
 - ♦ Thrush
 - ♦ Colic
 - ♦ Croup
 - ♦ Reflux
 - ♦ Silent Reflux
 - ♦ Reflux Nest
 - ♦ Jaundice
 - ♦ Cradle Cap
 - ♦ Tongue Tie
 - ♦ Diaper Rash
 - ♦ Baby Acne
 - ♦ Positional Plagiocephaly
 - ♦ RSV
 - ♦ Shaken Baby Syndrome
- Post-Partum Mothers
 - ♦ What to Expect
 - ♦ Caring for a C-Section
 - ♦ Baby Blues and Postpartum Depression Symptoms and Treatment
 - ♦ Rubin's Stages of PPD
 - ♦ What You Can Do

- ♦ Post-Partum Mothers Physical Issues
- ♦ Complications

- National Nanny Training Day Conference, Houston, TX April 20, 2013

Presentations

- "Postpartum Depression", teleconference for the Master's Elite NCS Program training, May 5, 2017.
- "Sensory Boxes: Learning Through Creative Play", INA 31st Annual Conference, Washington, DC. May 14, 2016.
- "Managing Multiples", Newborn Care Solutions Advance Training Workshop, Phoenix, AZ, January 22-24, 2016
- "The Night Nanny Basics: Helpful Tips", National Nanny Training Day, Houston, TX, April 2014
- "Sleep Training", Family Safety Concierge Professionals, monthly presentations, Houston, TX