

Deontological Code of Conduct for CESI Family Sleep Therapists

Version 1, dated November 2021

Preamble

The primary mission of the Centro de Estudios del Sueño Infantil (CESI) is to train healthcare and education professionals capable of addressing infant sleep problems with an approach that respects the child's developmental needs.

CESI does not endorse cognitive-behavioral techniques designed to impose solitary sleep through crying it out (CIO, Controlled Crying, and Camping Out) or any training method that encourages letting the child cry without active consolation from their caregiver. These techniques are incompatible with CESI's philosophy.

To provide clarity to consulting families and safeguard the prestige of CESI and its affiliated professionals, the CESI Code of Conduct outlines the commitments assumed by professionals adhering to its network:

- To the baby
- To families
- To other health professionals
- To the profession and CESI
- To society

By adhering to this code, professionals trained by CESI:

- Are authorized by CESI to use its certification seal and to cite CESI in the promotion of their practice.
- Are listed among affiliated professionals available to families seeking help or guidance.

By signing this document, the CESI sleep therapist assumes the following commitments:

General Principles

Article 1

This code of conduct is intended to serve as a professional behavior guideline for certified, affiliated therapists. Adherence to these guidelines is a requirement and condition for the validity of the authorization to use the certification seal, the CESI name in service promotion, and for inclusion in the list of affiliated professionals available to families.

1) Commitments and Duties to the Baby/Child

Article 2

The family sleep therapist:

- Respects and recognizes the needs of the baby as a mammalian human.
- Works to balance the needs of the family with those of the baby/child, prioritizing the latter's well-being.
- Does not use methodologies that may cause suffering, whether manifested by crying or not, compromising the physical and psychological well-being of the baby/child.
- Never advises parents not to actively comfort their child.

Article 3

- Does not conduct any intervention that involves, justifies, or recommends letting the baby cry, as these do not align with CESI's work framework.

Article 4

- Does not use or justify baby training techniques, whether the baby is alone or accompanied, nor interventions that force solitary sleep beyond the child's healthy adaptation capacity.
- Aims to resolve the conflict between the needs of the child and those of the mother, father, or caregivers, regardless of where each family member sleeps.

Article 5

- Does not promote ignoring the baby's cry, nor justify it with statements such as:
 - Crying is a necessary evil.

- It is the baby's way of "protesting" against the therapy.
- Always prioritizes the child's well-being.
- In the event of crying, always promotes active consolation to relieve the infant's distress.

Article 6

- Following WHO guidelines, promotes, respects, and supports breastfeeding in its entirety.
- Presents breastfeeding to sleep as a natural act and treats it as such.
- Does not induce unwanted weaning with false hopes of improving sleep, nor practices that may lead to early weaning unless it is the mother's wish.
- Does not recommend eliminating non-nutritive sucking, especially in babies under one year old.

2) Commitments and Duties to Families, Parents, or Guardians

Article 7

The family sleep therapist:

- Does not discriminate based on age, nationality, marital status, religion, or sexual orientation.

Article 8

- Respects the family's right to privacy. Only collects necessary information, always with the family's authorization and consent.
- Maintains professional secrecy, which can only be waived with the express consent of the client or consultant.

Article 9

- Provides appropriate information about the problems being addressed, the proposed goals, and the method used for active consolation/cry-free.

Article 10

- Informs parents or guardians before starting the intervention about the professional's ethical obligation to the baby.

Article 11

- Takes special care not to create false expectations that are difficult to satisfy professionally.

Article 12

- Agrees on working and remuneration conditions clearly before starting any therapy or intervention.

Article 13

- Actively works to ensure families maintain their autonomy and are active participants in solving problems.

Article 14

- Presents clear, precise, and rigorous reports, indicating their current or temporary nature, the techniques used for their preparation, and always including the professional's details who issues them.

3) Commitments and Duties to Other Colleagues and Health

Professionals

Article 15

The family sleep therapist:

- Collaborates with other professionals when appropriate, without prejudice to each other's competencies, aiming to achieve the well-being, health, and quality of life of individuals.

Article 16

- When an evaluation or intervention involves relationships with other disciplinary areas or professional competencies, the Sleep Therapist ensures the necessary connections with other professionals, either by themselves, with express consent, or by indicating and guiding the client in that direction.

Article 17

- Respects the right and duty of mutual respect among different professionals involved, especially those closest in their various areas of activity (psychologists, doctors, nurses, physiotherapists, educators, lactation consultants, etc.)

4) Commitments and Duties to CESI

Article 18

The family sleep therapist:

- Does not lend their name or signature to individuals without the necessary qualifications and preparation and reports cases of intrusion or impersonation that come to their knowledge.
- Does not use their qualifications to cover deceptive activities.

Article 19

- Does not claim a qualification they do not possess in any medium (ads, plaques, business cards, programs, etc.), as this constitutes a severe violation of professional ethics, notwithstanding the potential criminal liability.

Article 20

- Is obliged to respect intellectual property, whether from CESI or other sources. Always cites sources in texts and images used in any medium, whether physical or digital.

5) Commitments and Duties to the Exercise of the Profession

Article 21

The family sleep therapist:

- Commits to maintaining the professional standards expected of a CESI Sleep Therapist and addressing sleep problems within the framework defined by this code of conduct.

Article 22

- Commits to staying updated in competence and methodology, as their professional authority is based on their qualification for the task they perform.

Article 23

- Makes this code of professional behavior available to clients for consultation. Without this requirement, they cannot be listed among the professionals available to families by CESI.

6) Commitments and Duties to Society

Article 24

The family sleep therapist:

- Complies with the legally established democratic principles in the country where the service is provided and the deontological principles included in the professional association of the base specialty.

Article 25

- Is protected by liability insurance corresponding to all professionals working in the health field or other areas susceptible to causing harm to individuals, or the equivalent required by local law.

Article 26

- Uses truthful and clear advertising, avoiding manipulation of people and deceptive or vague advertising.

Complaints and Grievances

CESI handles complaints presented by users, particularly promoting the best development of professional consciousness and action.

Procedure:

1. Complaints or grievances must be submitted in writing via email to info@suenoinfantil.com.
2. All relevant documentation, evidence, and information regarding the matter must be provided to the mentioned email.
3. Anonymous complaints or grievances will not be accepted.
4. The person being complained about will be informed and can present written arguments.
5. After the pertinent checks, if deemed appropriate, the professional may be removed from the CESI Sleep Therapists database available to families.
6. To facilitate the development of research on deontological issues, scientific-professional summaries will be prepared for each processed file, guaranteeing confidentiality and privacy for all parties involved, aiming to create an ethical case library. These summaries will be archived in CESI's documentation service and may be consulted by certified professionals.