

# **Importance of Mixed-method approach to clinical implications: the case of toddler`s sleep and mothers` Differentiation of Self**

**Tamar Simon, Anat Scher**

*Counseling and Human Development, University of Haifa, Israel*

**Introduction:** The majority of studies on children`s sleep is based on quantitative research paradigms applying tools such as actigraphy and questionnaires (e.g. Tikotzky, et.al. 2016). However, among the factors that impact and predict children`s sleep quality are nting variables such as parental sleep related involvement (Sadeh et pare al., 2010). To a large extent, these factors are shaped by parents` values, cognitions and emotional needs (Sadeh & Tikotzky, 2009; Scher, 2008). Thus, to parental behavior in the context of revealing internal motives leading sleep is of high importance regarding the implementation of intervention programs. This study combines quantitative child sleep measures with qualitative tools to expose mothers` values, perceptions and emotional needs imbedded in their involvement in the regulation of toddlers` sleep.

**Aims of the study:** (a) To examine the relationship between toddlers` sleep and mothers` differentiation of self; rnal motivations and b) to compare inte) perceptions of mothers with high and low differentiation of self.

**Material and methods:** R-A community sample of 130 mothers completed the DSI (Skowron & Schmitt, sample of 40 mothers-Based on the score, a sub .(2003 (20 were interviewed and their (High and 20 Low children`s sleep was assessed by actigraphy.

**Results:** (a) children of mothers in the Low differentiation of self group had longer awakenings and their sleep was less efficient compared to b) mothers in the Low group emphasized) ;children of mothers in the High group the emotional aspect of sleep while mothers in the High group were more pragmatic and practical.

**Conclusions:** method approach enabled a wider understanding of the-Mixed relations between mothers` l sleep related behavior and perceptions, materna child sleep quality. The differences found between the two groups of mothers regarding maternal perceptions and emotional needs may provide guidelines for future toddlers sleep intervention programs.