



SETTLED & SOOTHED

DR. SHAELEISE TOR

WHO AM I?

A pediatric researcher & family therapist specializing in infant mental health & 0-3 sleep support.

A mom of two toddlers with very different temperaments and with their own sleep journeys.

Most clients are satisfied with 2 sessions. Add on sessions at later timepoints are always an option.

MY APPROACH

I don't believe in an all-or-nothing approach. The choice is not to sleep train or never sleep again.

I will support you as you support your child with their own unique needs and unique temperament in a way that fits with your family's culture and beliefs about sleep.

I am here to support the dyadic relationship between parent and child.

COMMON CHALLENGES I CAN HELP WITH:

Your baby or toddler is waking up multiple times a night outside of the norm of biological infant sleep

Understanding your baby's temperament

Normalization and validation of biological infant sleep

Support for a variety of sleep arrangements, helping you find the best one for your family

Your current way of getting your child to sleep or helping your child stay asleep is no longer working for your family

Making the connections between birth experience, postpartum experience, feeding struggles, and sleep struggles

Free 15-minute phone consultation (optional)

New Client Package-\$175

Includes: Initial in-person comprehensive assessment, one week check-in via email, one follow-up session, and optional membership to a closed feeding & motherhood support group

Additional sessions outside of package-\$80

Initial session & Group held at Canalside Speech & Help with Feeding (1151 Pittsford Victor Rd. Suite 103 Pittsford, NY 14534). Follow-up session on zoom.

Contact: settledandsoothed@gmail.com Instagram: [settled_and_soothed](https://www.instagram.com/settled_and_soothed)

As a first time mom, I didn't know anything about biologically normal infant sleep. I thought the baby would just sleep when I put him in his crib. When he only slept for 30 minutes at a time when we laid him down, my husband and I knew we needed to make some changes for everyone to get more sleep. Guess what? He eventually slept through the night in his own time, no sleep training required!

About the sleep industry:

Did you know that the sleep industry is wholly unregulated? That's right. Anyone can call themselves a sleep consultant/sleep coach with very little training or credentials. That's pretty scary given that your child is the most precious thing to you. I am passionate about supporting families to get more sleep because I know that it can help with post-partum mood, overall daily functioning, and help your family to enjoy the baby instead of wasting time and energy stressing about sleep.

I also understand that the birth to age three time period is one of the most important times in life for a couple reasons:

- 1) more than one million neural connections form every second in the first few years of life so your baby is going through massive growth and development
- 2) research supports the importance of the birth-three period for the attachment relationship and you and your child will build on that relationship in the years to come

I will NEVER recommend a non-responsive approach to infant sleep. If that's what you are looking for, I am not a good fit for your needs.

I am trained in attachment theory, family therapy, and infant mental health so I use these lenses in therapy, research, and in sleep support.