

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. I will NEVER recommend sleep training. If that's what you are looking for, I am not a good fit for your needs.

I am trained in attachment theory so I use this lens in therapy, research, and in sleep support.