

If we are going to embark on a journey to help your little one achieve healthy sleep, perhaps you would like to know a little about the sleep journey I had with my three children.

It is through the many ups and downs, mistakes and accidental wins that brought me to the profession of certified pediatric sleep coach. I've seen it all, tried it all, failed a lot, and figured a few things out along the way. It wasn't until my youngest was in grade school that I became a certified sleep coach. The impact that our family sleep journey had on me created a deep desire to help young families achieve healthy sleep. Parenting is hard, but sleep doesn't have to be.

Let us start at the beginning...

Camden was born on April 23, 2007. He was not the sleepy newborn that everyone talks about. He was awake, opinionated, and confident. I thought I might never sleep again! But in the end, through a lot of hard work, he became a champion sleeper, a champion napper, and stayed in his crib until after his third birthday!

Then along came sweet Caitlin on July 2, 2010. Now here was that sleepy newborn everyone talks about! I finally understood! The combination of Catie's personality, and the fact that I was accidentally doing all the right things in terms of promoting healthy sleep, created very peaceful nights and naps from a very early age. My confidence grew. I really thought I was figuring things out and a very wise mother at this point.

Hold that thought...

Enter, Alice. We joke that we should have named her Oh-Alice because we were constantly exclaiming "OH Alice!" She arrived on April 29, 2014 ready to party and take on the world. All of the confidence I had gained as sleep training master very quickly vanished. She would not sleep! As a family, we had entered the phase of soccer practice, baseball games, dance classes, that all made it very challenging to offer Alice appropriate sleep times. The poor girl was so chronically tired that she developed a sleep debt and struggled to get healthy sleep. I eventually needed to make her sleep a priority, even if it meant skipping a practice or asking for help (which I'm terrible at doing).

My point in sharing my sleep journey is that I've been in your shoes. I know how confusing, overwhelming and exhausting it can be to figure how to create healthy sleep habits. My children all have different temperaments so I fully appreciate that sleep training is not a one-size fits all approach.

What I offer you is friendly, expert and nonjudgmental guidance. We will make a clear plan of action that will transform your nights from restLESS to restFUL!