

## THE WHOLE PACKAGE - FOR BETTER SLEEP



### Meet and Greet

An initial meeting to talk about what it is you most need support with. We'll discuss how a typical 24 hour looks, and what you would like to achieve. My holistic approach to sleep will examine every aspect of your baby's day and we'll look at whether you have a particular parenting style and answer any questions you may have about different philosophies. I will work with your individual style and we can find which philosophy works for you. It's hard to pick and choose from all the advice available. Your family is unique and I can help you narrow down what it is that's important to you. All of the suggestions and strategies that I offer are intended to help you feel confident in your parenting and consistency is key. Babies have an amazing ability to learn from us and so when we project calm they feel it. They also feel our stress and so the aim is to minimise this for both of you. I will leave you with a routine to guide you and will check in with you regularly and arrange follow up visits.

### 3 - 4 Visits

Once we've decided on your parenting goals I will be a hands-on support for you and your baby to guide you both to better sleep. Visits will coincide with day naps and/or bedtimes where I will model respectful ways of encouraging sleep. I will help to optimise your baby's sleep environment to create a soothing space. As this is a holistic approach I'll also look at your home life, the relationship you have with baby, what awake time looks like, and see what rhythms and rituals can be introduced to your day.

I will empower you to feel more confident about navigating this journey as your baby grows and changes and let you see what you and your baby are capable of. So whether you are a new parent and this is all foreign to you, or whether this is your fifth baby, every journey, every baby is going to throw curve balls, so let me walk alongside you and navigate this journey together to give you all the tools to reclaim the confidence you already have inside you, but may have forgotten because you too need to catch up on some zzzz's!

### Messenger support

I am available for ongoing support over the entire two weeks. You can contact me via messenger, text, or phone call anytime to ask for advice, keep me updated or just for a chat. There is no judgement or expectation on you - come as you are and let me guide you to learn or remember knowledge that'll make this journey just that little bit easier.

### Every ending is a new beginning

At the end of these two weeks we will reflect on how you feel things are going and celebrate your success. We all know babies grow quickly and so their needs also change too. You will now feel a new sense of confidence in both yourself and your baby's ability.

**I look forward to supporting you and your family. Aroha mai Aroha nui**

## CONTACT

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