



FAQs

What is a pediatric sleep consultant?

A pediatric sleep consultant is someone who specializes in helping families establish healthy sleep habits for their children, ensuring both children and parents get the rest they need

What is sleep training?

Sleep training is the process of teaching a baby how to fall asleep independently at bedtime, naptime, or after waking during the night, resulting in a well-rested and happy baby

What ages do you work with?

I typically work with children from 3 months to 3 years, but I can offer guidance for older children as well

How do consultations work?

I will conduct a thorough assessment of your child's sleep habits, taking into consideration your concerns and end goals. Based on that, I will create a customized sleep plan to remedy your child's sleep issues, along with providing ongoing support throughout the sleep training process

Will my child have to cry it out?

Although many different sleep training methods are available, I believe that sleep training should be conducted in a gentle, calm, and loving way, with the caregiver being there to help and support the baby as he learns to fall asleep independently.

As such, I do not believe in the Cry It Out (CIO) method of sleep training, nor would I offer it as an option to my clients. Instead, I work with families to choose a method they're comfortable with and that suits their child's temperament

How long does it take to see results?

Of course, every child is different, but with consistency and proper implementation of the sleep plan, many families see improvement within 1 – 2 weeks after starting the sleep training process

What should I expect during the sleep training process?

The process can involve some adjustments and temporary setbacks, especially when it comes to regression, developmental milestones, daylight savings time, illness, etc, but with patience and consistency, most families experience significant improvement in their child's sleep

Do you offer ongoing support after the consultation?

Yes, I offer follow-up session(s) as part of the consultation package to address new challenges or changes that may arise as your child grows

How can I tell if my child has a sleep issue?

Signs of sleep issues can include difficulty falling asleep at bedtime and staying asleep, baby needing to be constantly bounced or rocked or fed to fall asleep, multiple night wakings, baby needing your help to fall back asleep every time he wakes during the night, short naps during the day (waking up after only one sleep

cycle of about 25 to 30 minutes), difficulty connecting sleep cycles, waking very early on mornings, or overall restlessness and tiredness/fussiness

How do I book a consultation?

Purchase your sleep package depending on the amount of support you need and complete the client intake form. Once the form is submitted, I will get started on creating a customized plan to address your child's sleep issues within 24 hours or by your preferred start date, as indicated on the client intake form. You can also contact me directly via email or text to set up a consultation over the phone

What is the cost of your services?

I offer different packages tailored to individual needs and budgets. Visit the Services page for details on the packages offered, along with the specific cost

Can I get my money back if I don't see results?

Because of the amount of time and effort spent on creating a customized sleep plan tailored to your child's sleep troubles, sleep packages are non-refundable