

POCKET SLEEP
COACH
Newborn Guide



Guiding you through the first 4 months of
your baby's sleep

BY CAROLINE JONES

Welcome!

Firstly, congratulations on your bundle of joy!! You are either expecting or have recently welcomed the arrival of a new addition to the family, and you're looking for help navigating through those hazy, sleepy first weeks of your little one's life.

This Pocket Sleep Coach is crammed full of all the knowledge I can impart to you on Newborn infant sleep. It is intended to give you bite sized, actionable steps to put into place for you and your baby. I want to take the stress out of these first few weeks for you and hopefully ease the burden around what your baby 'should' or 'shouldn't' be doing when it comes to sleep.

Did you know

Sleep is directly linked to a baby's development, growth and memory. A newborn can spend up to 18 hours asleep in 24 (even though it may not feel like it!). Its hard work doing all that sleeping!



SLEEP FOUNDATIONS!

You will have received two guides when you purchased this Pocket Sleep Coach. Your Sleep Foundations Guide will give you everything you need to know in order to set up the best conditions possible for your baby's sleep. **Trust me**, if you get the Sleep Foundations in place, you will find putting your baby down for naps and bedtime MUCH easier! **Make sure you give it a read!**

So what's next?

I hope this guide helps you with your newborn's sleep! I want you to know that support for you and your newborn doesn't have to end here...

My one to one support offerings can help you with:

- Navigating your own baby's unique needs
- Guidance on how to put into place some of the ideas within this guide
- Post-4 month sleep regression support

By purchasing this guide you are in receipt of an exclusive discount code for my Newborn, Baby (4 - 12 months) and Self Help support packages. Just use the below code to access 20% off!

NEWBORN20

Thank you!

Follow me on instagram for lots of sleep tips and more, or visit my website to see my support packages and you can book a free 15min discovery call with me

Caroline x



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