

*Your child's*

# SLEEP FOUNDATIONS



A step-by-step guide  
to put you on the path to sleep  
success!

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# Congratulations!

By taking the time to read this guide you have taken the first step towards making positive changes to your infant's (and possibly your own...) sleep!



## *Simple Steps...*

This guide is appropriate for infants aged 0-7 years. It will walk you through all you need to know in order to set up their sleep foundations for success!

When I work with families in my 1:1 packages, the first thing I do is make sure that we apply the advice that you will read within this guide. Regardless of the age of your infant, sometimes we find that by just putting in place these measures, we resolve the majority of the sleep issues that we set out to work on.

If you do find that you need more support after putting this guide into practice, please do book in a free discovery call with me and we can talk about other factors that may need to be considered for your little one's sleep challenges.

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