

# WELCOME PACKET

*onboarding handbook*



*Baby Sleep Pros*



# welcome

You are here! Congratulations on taking this very first step to improving your and your baby's health & wellness.

I feel honored you have trusted me to help you. Please, know I am here to fully support you, answer questions, concerns regarding sleep training process and beyond that. With over a decade of experience as an educator and a nanny, there is not a thing you cannot ask me!

With no judgment, but with empathy, understanding & love, let's help you rediscover the balance your entire family so deserves.

All the love,  
*Ola*

Every cuddle, every  
kiss, every moment  
you show up—your  
baby feels your love  
that wraps them in  
comfort and  
security.

# what to expect

## STARTING SLEEP TRAINING

My wish for you is to release all the expectations you have. It is not a race - we've got this. Change from here is guaranteed.

It may feel exhausting and hard at first. The first few nights, especially night 1 and/or 2 are usually the most challenging ones. It is not unusual for the first bedtime to last 1hr! Or, you may be surprised how quickly it worked! Many times, sleep training is harder on parents than it is on kids.

## SELF-SOOTHING

Self-soothing will be crucial in learning independent sleep for your child which is a foundation to sleeping well at night. **What is self-soothing?**

Self-soothing is often mistaken for self-regulating (ability to manage emotions and behaviors in response to what is happening around) which babies aren't capable of. In sleep training, self-soothing is referred to as non-signal awakening: baby wakes up but can go back to sleep without signaling for help. Based on several studies this is something a baby can learn with proper sleep hygiene.

Methods I teach are gradual and allow you to comfort and tend to your child in a reasonable amount of time.

# *what to expect*

## **TEARS & STRESS**

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## **HOW FAST WILL I SEE IMPROVEMENT**

It is not a race. Every child is different. Improvement & results depend mostly on 2 factors:

1. Your child, their personality & how they adapt to changes.
2. How consistently you apply steps from the sleep plan. I know it usually takes about 2 weeks to see desired results but if we need additional few days - I will not leave you hanging.

## **REMINDER**

You will get quickest results with clear messaging. By doing's you are avoiding a prolonged & painful process that will drain you and your child.

# *sleep truths*



## **Sleep is healing**

Sleep is not just about good rest. When we sleep, we heal: our energy is restored, tissues grow and repair, our immunity is strengthened, growth hormones are released.



## **Little steps lead to big wins**

Tiny adjustments today can bring us closer to calmer nights tomorrow. Gentle shifts in routines and sleep environments can add up to more restful nights—for your baby and for you.



## **Love leads the way**

Your bond with your baby is always the priority. My sleep support honors your baby's need for comfort, love, and security.

# what's next

## **QUESTIONNAIRE & CONTRACT**

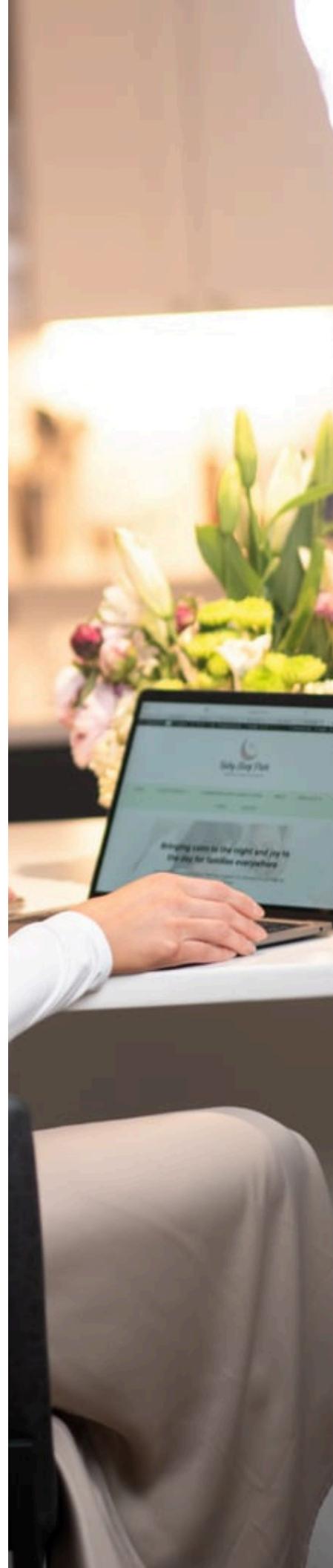
Following this e-mail, you will receive an agreement for our consultation & detailed questionnaire for comprehensive evaluation. Please, be detailed. Really, the more, the better - this way I can fully understand your situation and create an optimal plan for your family.

## **THE PLAN OF ACTION**

When I receive the contract & the questionnaire, it is time for me to do my magic! I will be working on a detailed, step-by-step, personalized plan for your child which you will receive within 3-5 business days!

## **CONSULTATION**

When you receive the plan, you will have a few days to get familiar with it. Depending on the type of consultation - virtual or at-home - we will go over the plan together over a zoom call or at your home, which will mark the first day of our 2 week consultation.





# thank you

Thank you for trusting me to help your family!  
I promise you there is an answer - a good night sleep is  
much closer than you think!

*To the balance your family deserves!*

*Ola*