



Welcome

Parents are describing more tiredness than ever before but often feel conflicted when reaching out for help with sleep. New parents are dealing with information overload, coupled with a lack of time and traditional parenting support networks. This is where holistic sleep coaching comes in.

There are many choices of strategy, countless books, websites and many friends and relatives offering advice ("sleep when your baby sleeps", "get an early night" and "forget the housework") that is not always practical and it is difficult to know where to start.

My holistic approach looks at the big picture. I recognise that babies are usually completely normal but that their needs are not only physical - I consider their psychological and emotional needs too.

Holistic sleep coaching considers the following:

the age and developmental stage of a child - and what is considered normal according to evidence

the family context

emotional and mental health

sleep biology

health

nutrition

daily activity

There are sometimes some quick fix methods that will help a particular family but this is only appropriate where there are no losers. Most parents have heard of controlled crying or cry it out but this misses the point and does not promote parent-child bonding. I will never recommend an approach that leaves a child alone to cry.