

WEEK 5

SLEEP & PARENT COACH

JOCELYN SLEEP

LOUISE



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This penultimate Postnatal Pod is a sleep support workshop for calmer bodies, calmer nights & calmer homes.

With more than 22 years supporting families, Louise brings a blend of clarity, emotional attunement & deep compassion in sharing the right amount of knowledge & answering all your questions.

Whether you are seeking calmer nights for your baby/ family or relief for your own exhausted body & mind you can be assured that Louise has a gentle, intelligent approach that she has also used when parenting her own children.

Her story shifted the ground beneath her feet, navigating trauma, solo parenting & chronic sleep deprivation taught Louise something no text book ever could.

Sleep struggles are not failures of discipline but often an overwhelm that mums typically find themselves carrying silently.

Knowledge is power & whatever age & stage you are in right now, this session will equip you with a clearer & better insight, & tips to understand what your baby's needs are as well as your own.

CONTACT LOUISE



JocelynSleep.com



[Jocelyn_Sleep](https://www.instagram.com/Jocelyn_Sleep)



[LouiseJocelyn Sleep](https://www.facebook.com/LouiseJocelynSleep)

BENEFITS OF THIS SESSION:

- A 10 question quiz will be emailed to you ahead of this session which helps you understand your child's sleep competency
- A personalised approach tailored to you & your baby's sleep needs
- What affects sleep
- Stress free settling techniques
- Understanding sleep associations
- When to reach out for help
- Practical tools
- Time for you to ask questions
- An invitation to on-going support from Louise if you choose