
Lingua Speech, Swallow, and Voice Services



Infant and Toddler Sleep Coaching



About Me

In 2015, I became the mom of a beautiful baby girl named Hailey. It was a dream come true, but I soon realized that motherhood would be one of the most challenging journeys of my life. Sleep became a luxury, and I found myself yearning for the restful nights I once took for granted.

I knew I needed to prioritize sleep, but I was clueless about how to do it or how vital it would be for my family. Every night was a battle, with Hailey frequently waking up and refusing to settle back down. I felt lost, exhausted, and uncertain about what to do.

In addition to the sleepless nights, we grappled with months of feeding issues and reflux. Feeding time became a battleground, and my new home decor featured burp rags strategically placed everywhere. The combination of sleep deprivation, feeding struggles, and the overwhelming demands of motherhood took a toll on my mental health, leading me into postpartum depression. I felt as though I was losing myself.

Just when I thought I couldn't handle it anymore, I reached out to Lingua for help managing Hailey's reflux. That's when I discovered the magic combination of feeding therapy and sleep coaching. Desperate for some relief and hoping it would bring peace to our lives, we decided to give it a try. It was a difficult decision, filled with worries about whether it was the right thing to do.

Slowly but surely, we embarked on the sleep coaching journey. It required patience, consistency, and a whole lot of love, but it started to work. Hailey began to learn how to self-soothe and settle herself back to sleep. Nights became more peaceful, and I started to experience longer stretches of rest. It was a revelation.

As Hailey grew older, the benefits of sleep coaching became more evident. She developed healthy sleep habits and embraced the concept of a restful night's sleep. She thrived, and so did I. With a well-rested baby, my confidence as a mother grew, and the dark cloud of postpartum depression began to lift.

Today, Hailey is seven years old and still cherishes her sleep. Sleep coaching not only helped us survive those challenging early months but also laid a foundation for a lifetime of healthy sleep habits. I look back on that difficult time and feel a sense of pride for persevering and prioritizing our well-being.

Now, I have the opportunity to help other families achieve their sleep goals with the holistic, multidisciplinary support of Lingua, offering additional assistance with feeding, development, and parenting. As a certified pediatric sleep coach with a strong background in nursing and education, I bring over a decade of experience as a Registered Nurse. Inspired by my personal journey, I understand the profound impact that sleep and feeding challenges can have on your child's health, development, and the well-being of your entire family. I also hold a Master's Degree in Nursing Education and a Doctorate in Adult Education, which enhance my ability to educate parents on customized sleep solutions tailored to each child's unique needs. I work closely with a multidisciplinary team at Lingua, offering a holistic approach that combines my clinical knowledge, expertise in pediatric sleep, and a deep empathy for the journey that each family is going through.

Are you stressed, sleep-deprived, and overwhelmed by an abundance of information about improving your baby's sleep? Have you read the books and blogs, listened to advice from family and friends, yet still struggle with your baby's sleep?

At Lingua Sleep Coaching, I assist parents in enhancing their child's sleep, and their own, in a holistic and lasting way. Your baby's sleep patterns are not your fault. Books and blogs can't cater to your family's unique situation and objectives. Moreover, you might lack the personalized support necessary for progress. The parents I work with have diverse goals; some wish to teach their baby to sleep independently, while others do not. I respect and support all these parents on their unique journey toward better sleep.

Are you contemplating teaching your baby to sleep independently? Or perhaps you've been researching sleep coaching online and encountered a plethora of conflicting advice? Let's delve into what sleep coaching is and isn't, and how the Lingua Sleep Coaching approach stands out.

What is sleep coaching?

Sleep coaching is the process of teaching a child to fall asleep and return to sleep independently. Babies are born with limited knowledge, and it's our responsibility as parents to teach them how to eat, sleep, and play. Alongside food, love, safety, and touch, sleep is crucial for growth and development. So, just as you will eventually teach your child to ride a bike or read, healthy sleep habits can be taught and nurtured, gifting them with lifelong restful sleep.

From birth, you will employ various methods to teach your baby to sleep, including nursing, rocking, patting, swinging, or bouncing. After about three months, you can gradually start teaching your baby to fall asleep independently, regardless of their sleeping location. By around four months, you can safely reduce your assistance in getting your little one to sleep (rocking, swinging, etc.), and by six or seven months, your baby is physiologically capable of sleeping through the night without interruption (although breastfed babies may continue to wake for feeding for an additional 2-3 months).

Why do I need sleep coaching?

A sleep coach can be an invaluable ally for parents, providing guidance and support during the challenging early months of parenthood. I am your village! I specialize in understanding the complexities of infant sleep and will equip you with personalized, evidence-based strategies to help your baby develop healthy sleep habits. A common misconception among parents is that once their baby leaves the newborn stage, sleep will naturally improve. If only parenting were that simple! Learning to sleep independently typically requires assistance and a deliberate set of actions from parents. Yes, some babies and temperaments can learn to fall asleep on their own, but it's not as common as you might think. Moreover, parenting evolves as your baby grows, and adjustments may be necessary to navigate periods of rapid growth and development. Understanding, observing, and managing your baby's sleep is the most effective way to enhance sleep. My support helps you tackle the challenges of early parenthood with confidence.

Sleep coaching is challenging, but the temporary discomfort is worth it! Sleep facilitates your baby's brain development and improves their attention span, security, and flexibility. Well-rested babies are better feeders and more sociable. Quality sleep also benefits parental emotional well-being, cognitive functioning, and overall health. The fact is that children may struggle with sleep for various reasons: overstimulation, overtiredness, physical discomfort, hunger, or growth spurts. With a sleep coach, you receive a customized plan and a high level of support, enabling you to bring your best parenting self to this challenge!

What is the right way to teach my baby to sleep independently?

There are methods to coach your child to sleep. The "right way" is the method that aligns with your unique family and goals. Consistency is key in this process, and sleep patterns evolve as your baby grows, so you want to choose an approach that aligns with your values and is sustainable. Sleep coaching initially improves night sleeping, then middle-of-the-night awakenings, and finally, naps. Some methods limit when a baby can be soothed, and some do not. Some promise quick results, while others take time. All these methods work when applied consistently when healthy sleep foundations are in place, and when the method suits your baby's temperament and family values.

Do I have to let my baby cry it out?

Absolutely not. Baby temperament, parental consistency, and a carefully selected method impact how much crying happens during this process. I deeply care about secure attachment and parental mental health. I want to support you in finding a method that feels best for your entire family.

I want to continue breastfeeding. Can I improve my baby's sleep while preserving my milk supply?

Absolutely! We, at Lingua, support however you want to feed your baby. It is entirely possible to improve your baby's sleep no matter how you choose to feed.

How long does sleep coaching take?

Many families can see results in a few days to a few weeks. The most responsive methods tend to take longer, and timelines do vary based on your goal and your baby's temperament. Results happen quickly and are long-lasting when parents are consistent.

What is the best age for sleep coaching?

We work with babies of all ages in developmentally appropriate ways. We offer newborn sleep services called sleep shaping which is an approach to infant sleep that focuses on gently guiding and encouraging healthy sleep patterns and positive associations. Sleep shaping typically starts in the newborn stage and continues through the first few months of life. It emphasizes responsive caregiving and recognizing and meeting a baby's sleep needs while gradually teaching self-soothing and independent sleep skills.

Around 3-4 months, babies have typically developed the ability to self-soothe to some extent, which is an essential skill for independent sleep. They have also reached a point where they can establish more predictable sleep patterns and consolidate their sleep into longer stretches at night. However, it's important to note that every baby is unique, and factors such as temperament, health, and family dynamics should also be considered when determining the best age to start sleep coaching. Some babies may benefit from gentle sleep coaching techniques even earlier, while others may require more time and developmental milestones before they are ready. Ultimately, the decision to start sleep coaching should be based on the individual needs of the baby and your readiness to implement a sleep coaching approach. It's never too late to start!

How is Lingua Sleep Coaching different?

At Lingua, you are the expert on your family dynamics and goals. I am an expert in pediatric sleep coaching methods and their variations, how to teach them in simple steps, and how to coach and support you to your goal in a respectful way. Furthermore, I have the support of a multidisciplinary team of speech and occupational therapists, lactation consultants, registered nutritionists, physical therapists, and more through Lingua to make the appropriate referrals for a holistic approach to care. Our goal is to equip you with the essential mindset and evidence-based insight needed to improve your whole family's health and wellness.

How do I work with Lingua Sleep Coaching?

When it comes to helping your little one develop healthy sleep habits, it's essential to remember that you don't have to go at it alone. Embrace the power of your village and give yourself the peace of mind of having a trusted expert readily available to offer guidance and support when you need it most. Sleep coaching works best with support, adjustments, and the ability to pivot when needed so sometimes selecting a package with comprehensive education and text support makes all the difference.

We have two packages to fit your needs. Our most popular and successful package is a \$500 investment and begins with filling out an in-depth assessment of your family and goals. The personalized assessment will then be used to create a customized sleep plan for your family. Two 30-minute virtual consults are included. The first is to go over the sleep plan in depth to make sure you are comfortable and confident to implement it. The second will be at the end of our two weeks of working together to wrap up any remaining questions or issues. During the two weeks of support, Lingua Sleep Coaching will be available to you via text message or email as often as you need between 8am and 8pm EST. You will also receive personalized visuals such as a sleep log, daily schedule, age-appropriate sleep chart, or bedtime story (if toddler age). We all need a village to lean on and although sleep coaching is an incredibly effective tool, having ongoing text support takes it to the next level by giving you a knowledgeable and experienced professional guiding you every step of the way.

For parents who prefer a more independent and do-it-yourself approach, our second option is a \$250 investment. It allows you to take charge of your baby's sleep journey, armed with knowledge and resources. You will still complete an in-depth assessment and receive a customized sleep plan. You have access to an optional 30-minute consult to explain, discuss, or adjust the plan. You will also receive personalized visuals. However, this plan does not include two-weeks of unlimited text support. As you are considering your options, it's important to note that the DIY approach may come with its challenges. Navigating sleep issues can be complicated and overwhelming without two weeks of guidance and tweaking. In my practice, I've found that the availability of text support significantly increases the chance of faster, more long-lasting success and provides an invaluable source of expertise and reassurance. After considering the options, your personal preferences, and comfort level, contact us to take the next steps in improving rest for your entire family! We can't wait to support you!



Contact Us at:

Lingua Speech, Swallow, and Voice Services

570-413-0851 (Text or Call) 570-543-4969 (Fax)

www.linguallc.com www.bewellNEPA.com
