

# Why Hire A Gentle Sleep Coach?



If the journey of parenthood feels like a marathon of sleepless nights, early mornings, and endless bedtime battles, know that you're not alone and you're doing an incredible job. Learning the secrets to restful nights is always within reach. It is always possible to learn how to sleep well! Children from 5/6 months to 10 years of age can learn to sleep peacefully and happily! The question arises: when is the right moment to enlist the help of a Certified Gentle Sleep Coach? It's precisely when the stress of early risings, nap enigmas, and bedtime battles becomes a heavy burden on your shoulders.

## How is this impacting you? Does any of this sound familiar?

- My partner and I can't get on the same page about what to do! We are arguing about what we already agree on: "Our child needs better sleep."
- Our situation is complicated, and we need a sleep expert to shed some light and give us a customized solution.
- I'm running on fumes; the conflicting information is like a never-ending roadblock. As a tired parent, I'm just desperately searching for a clear roadmap for my situation.
- I'm in a constant battle with my own exhaustion, but the last thing I want is to just leave my baby alone to cry-it-out.
- My tired mind races with concerns, I can't shake off the worry that my child's growth and development may be affected by the ongoing lack of sleep.
- I'm running on empty, and I feel utterly lost, not knowing where to start in figuring out how to get my baby to sleep.
- We were exhausted and attempted to tackle this on our own, but it backfired, and now we feel defeated. We're now scratching our heads, unsure of the right course of action.

Now, envision a lifeline – a Certified Gentle Sleep Coach (GSC) ready to guide you through the complexities of sleep coaching. It's time to take that step and hire a GSC! What sets a GSC apart? Our evidence-based training ensures efficacy, and our commitment to ongoing professional development means you receive the most up-to-date guidance. A GSC crafts an individualized approach tailored to your values and unique circumstances. As an experienced GSC I'm here, listening and empathizing with the burden of conflicting information and the overwhelming complexity of your situation, recognizing that a "one size fits all" solution simply doesn't fit. You're not alone; the support you need is here. You're not just hiring a coach; you're gaining a partner in this journey. You've got this, and I've got you!

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