



Choosing Which Product or Service Is Best For Your Family

The
BABY SLEEP SITE®
Helping you and your child sleep

Visit us online at www.babysleepsite.com

The BABY SLEEP SITE®



If you are new to The Baby Sleep Site or if you are just looking to learn more about baby and toddler sleep, then we recommend starting with these resources:

Visit us online
www.babysleepsite.com
Facebook:
<http://facebook.com/babysleepsite>
Twitter:
www.twitter.com/babysleepsite
Pinterest:
<http://pinterest.com/babysleepsite>
YouTube:
www.youtube.com/user/babysleepsite

Read our weekly articles on The Baby Sleep Site Blog:

<http://babysleepsite.com/blog>

Sign up to receive one of our free e-guides, new articles and weekly sleep tips:

- 15 Sleep Facts New Parents Need to Know <http://www.babysleepsite.com/15-free-baby-sleep-facts-new-parents-must-know>
- 5 Ways to Help Your Child Sleep Through the Night <http://babysleepsite.com/baby-sleep-tips>
- 7 Common Napping Mistakes <http://babysleepsite.com/baby-nap-tips>
- Toddler Sleep Secrets <http://babysleepsite.com/toddler-sleep-tips>

Join The Baby Sleep Site Facebook Community:

Interact with other parents for suggestions and ideas for helping with your baby's sleep. Baby Sleep Site Administrators also respond to questions with some general suggestions or recommendations.

<http://facebook.com/babysleepsite>

Read our featured (and most popular) articles:

[4 Month Old Sleep Regression Explained](#)

[Your Baby Won't Sleep – It's Your Fault!](#)

[Baby Temperament and Sleep Series](#)

[10 Tips to Help Your Newborn Sleep](#)

[Will Cry-it-out Change Your Baby's Personality?](#)

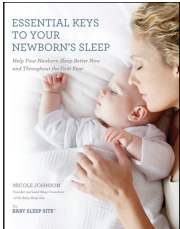
[Is Co-Sleeping a Solution for Baby Sleep Problems?](#)

[Baby Sleep and Breastfeeding Series](#)

[Can You Mix Attachment Parenting with Sleep Training?](#)

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If you prefer to learn at your own pace or are more inclined to do-it-yourself, then we recommend taking a look at these products and resources:



Essential Keys to Your Newborn's Sleep

Essential Keys to Your Newborn's Sleep is an e-Book with tips about how you can influence some of the factors that affect a newborn's sleep and for setting the stage for better sleep. Available as an e-book or as a bundle which includes the e-book and a Basic Email Consultation Package <http://www.babysleepsite.com/essential-keys-to-your-newborns-sleep/>



The 3 Step System to Help Your Baby Sleep

For those persistent nighttime struggles for babies under 12 months old, The 3-Step System to Help Your Baby Sleep, is a comprehensive e-Book that allows you to bypass the lengthy books currently on the market and start getting your child to sleep today. The Gold Package also includes an Express Sleep Plan®. <http://www.babysleepsite.com/3-step-system/>



Mastering Naps and Schedules

This is comprehensive e-book to napping routines, nap transitions, and all the other important “how-tos” of good baby sleep. With over 40 sample sleep schedules and planning worksheets, Mastering Naps and Schedules is a hands-on tool ideal for any parenting style. The Gold Package also includes an Express Sleep Plan®. <http://www.babysleepsite.com/mastering-naps/>



The 5 Step System to Better Toddler Sleep

(for ages 1 year through 4 years) This comprehensive toddler sleep e-book is also toolkit of strategies, sample schedules, and sleep logs will put your toddler on the right sleep track. The Gold Package also includes an Express Sleep Plan®. <http://www.babysleepsite.com/5-step-system-toddler/>

Join the ***Members Area***

With a paid membership, you gain access to:

- All ebooks and Members-only articles, which are updated regularly
- Assessment quizzes
- Real-life case studies
- Do-it-yourself tutorials
- Quarterly Tele-seminars with Q&A session
- Members-only chat room with weekly expert advice .
- 20% off personalized consultation services.

<http://www.babysleepsite.com/become-a-member/>

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If you have done extensive research or if you are too tired to read, then consider our personalized sleep coaching services:

If you have already done quite a bit of reading, tried some methods yourself, or have a unique sleep situation, then consider our personalized sleep consultation services. A personalized consultation allows you to work one-on-one with a trained sleep consultant. Your consultant will create your Personalized Sleep Plan® (this is essentially a small e-Book that is specific to your family's philosophies and goals, and to your baby's temperament) and then work with you as you implement the plan at home.

Here are some different scenarios we encounter & our recommendations:

Scenario #1:

- *I have read quite bit about baby sleeping and just need help putting together a plan.*

Consider our Express Sleep Plan®— Input your sleep information in a survey and receive a customized plan immediately. Value priced follow-up help available.

- *We are good with naps but going to sleep at night is a struggle.*

The Basic Email Consultation package— You will receive a Personalized Sleep Plan® complete with a day-by-day action plan one follow-up e-mail to help fine tune the plan after you put strategies to work or a new issue comes up.

The Deluxe Email Consultation Package— (Most Popular) You will receive a Personalized Sleep Plan® plus three follow-up emails for asking questions and additional support as you implement your plan.

Scenario #2:

- *My baby is older or is a toddler and we have struggle with sleep issues for a while now.*
- *We have more than one child with sleep struggles and need help getting them on a good schedule.*

Super Deluxe Email Consultation Package- You receive a Personalized Sleep Plan® plus 5 email follow-ups for asking questions and refining and adjusting the plan.

Scenario #3

- *I have a tough situation, little support available and would like to be able to ask a lot of questions with quick turnaround.*

Unlimited Email Consultation Subscription— There are 2 Week Unlimited Email Subscriptions and 30 Day Unlimited Email Consultation subscriptions available. These packages are best suited for those who may need extra time and help in case your baby takes a bit longer to adjust or for those who much prefer to work on no-cry solutions which can require a more time intensive approach.

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- One hour and 2 hour phone consultation packages are available with email follow up support if you prefer to speak with a sleep consultant directly to come up with a sleep plan for your family.
 - We also have a Comprehensive Sleep Consultation and Service Package for maximum support that includes multiple phone calls and 4 email follow-ups. Please see the website for details.
 - Read more about our Services here: <http://babysleepsite.com/services>

Contact Information:

Web: <http://babysleepsite.com> | Email: contact@babysleepsite.com | Phone: 888-599-1665