



[Tamiko Kelly](#) was comfortably employed in the HR department of a major bank and yet couldn't get one thing out of her system: babies. She just loved working with babies. And so she started taking on night-time nanny gigs — just for the fun of it. She had been a nanny to pay her way through college, and all her life had been the person always trying to hold whatever baby was in the room with her.

She enjoyed the night-time gigs, and at the same time started noticing a pattern amongst her clients. "The parents would come home and just be astonished that their kids were fast asleep in bed," says Kelly. "They were always like, 'How did you do that?'"

Kelly, who has no children of her own, couldn't understand why the parents were so astonished. How could it be that anyone wouldn't get a good night's sleep? And yet she kept meeting parent after parent who was so sleep deprived they would give anything — or any amount — just to know how to do what came to Kelly so easily.

In 2008, after both her parents passed away from cancer, Kelly had an epiphany: It was time to get real about what she wanted to do with her life. "I started to get a grip on what life is and what I wanted to do," says Kelly. "I just figured out, 'You know what? Corporate America is not for me. I tried it. I've done it. I'm good at it, but I don't like it. So I need to trust God, trust myself and just know that if I do what I love, it will work out.' So the moment I got that in my brain — and stuck it in my brain — and wouldn't let anybody else tell me I'm crazy and I didn't need to do it, it just started to come together."

She quit the bank job and became a full-time nanny, all the while studying up on child sleep research and techniques. She then took a part-time nanny job and started consulting with sleep-deprived families. Soon she was able to quit nannying altogether and solely consult with families, either virtually by Skype or Google Chat or on-site. A 10-day, on-site session with Kelly starts at \$5,000. "[After a session] one of the moms told me, 'This cannot be my baby. She's so happy. She wants to play,'" says Kelly. "It is just a miracle what sleep can do."



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By Cynthia Ramnarace | *March 17, 2014*

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Tamiko Kelly, Child Sleep Transformation Coach: Discovered an Innate Skill While Pursuing a Passion

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