

Giveaway: Mini Session with Sleep Consultant

MONDAY, AUGUST 5, 2013





This giveaway is now closed. Thanks to all who entered!

Talk to any parent of an infant or toddler, and the conversation usually veers toward the topic of sleep deprivation. I'm six months in with my baby and most days I feel downright loopy. If you struggle with sporadic nap times, or feel like a jack-in-the-box in the middle of the night, you are in good company. Many of your fellow parents are in the same boat. We are tired

Tamiko of Sleep Well. Wake Happy. is a local, certified sleep consultant who helps families to deal with their young ones' sleep issues. She offers some of her expertise for free, she has a special offer for Free Fun in Austin readers, and she has a chance for you to win a mini consult! But first, we asked Tamiko a few questions, to get to know her a little better (and to solicit some free advice).

FFIA: What exactly is a sleep consultant?

A sleep consultant is someone who helps parents solve their child's sleep issues. I am a

certified sleep consultant who has been supporting families since 2008. Many parents come to me at their wits' end. They have been struggling with their child's sleep for months, sometimes years, and feel all hope is lost. Sleep deprivation has taken a toll on their family and they need a solution. After our time together, they leave completely transformed and know exactly how to address their child's sleep challenges.

I partner with families whose children are newborn to age six and develop customized sleep solutions which take into account their parenting philosophy and child's temperament. I then provide them with support and encouragement throughout the execution of the plan. For those families with children under three months, we spend our time together learning sleep basics and how to encourage healthy sleep habits. While working with clients, I spend alot of time simply educating them about sleep. I explain why we are making changes so they can better understand the sleep needs of their child.

FFIA: What are your top three tips to help babies sleep through the night?

- 1. Establish a bedtime routine. Bath, Books, and Bed is my favorite.
- Naps are a must. Babies need more sleep than adults and skipping naps only makes bedtime harder.
- Be consistent. Do the same steps for both naps and bedtime so baby knows what to expect.

FFIA: How long, on average, does it take a child to learn to sleep more successfully?

The results vary but for those parents who consistently follow the sleep plan, many see results in a little as three days. The majority see results in the first seven to 10 days of our time together.

FFIA: What do you recommend for encouraging and/or lengthening naps?

Nap time is one of the biggest struggles parents face when it comes to sleep. Getting your child on an age appropriate sleep routine which honors their natural internal sleep rhythms is key. A newborn needs more naps than a two-year-old but both still require naps to get through the day. Understanding that it's normal for your child to wake up after 30-45 minutes of sleep can really help parents relieve their anxiety about naps. The key is developing a strategy to deal with these wakings so your child learns to sleep independently. Next, creating a consistent sleep environment is also very important. Making sure the room is dark really helps kids unwind and fall into a deeper sleep. Wherever your child sleeps, putting them there for all naps encourages more restful sleep and helps them fall asleep with ease

FFIA: How can parents help their children make the sleep schedule transition for back to school?

One of the easiest ways parents can prepare kids for the first day of school is to set a consistent bedtime. About two weeks before school, they can slowly begin shifting bedtime (about 10-15 minutes each day) until the goal bedtime is reached.

For older kids, I recommend parents prepare them for the new bedtime by having a quick talk to set expectations. Kids shouldn't be caught off guard by the change. Telling them why you're changing bedtime can make the transition that much easier. As a sleep consultant who frequently works with parents of school aged children, I encourage a bedtime of 7 to 8 p.m. This ensures kids get at a full night's rest and are ready to uncover the fun adventures of a new day. Experts suggest that children through age 10 need about 11 hours of sleep per night, so this is a great way to set the foundation for years to come.

And the free options I mentioned earlier? Here are three:

- Download a free sleep guide_
- 2. Arrange a free 15-minute call to get to know Tamiko.

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Now, please enter the giveaway below, for your chance to win a mini-consult with Tamiko! If you cannot see the form, visit the original post to enter. The winner will be selected using random.org on August 12, 2013 and the winner will be notified by email.

Posted by Heidi Gollub at Monday, August 05, 2013

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