



The Sleeping Baby Project

by

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INFANT SLEEP CONSULTANT



What is sleep training?

Jessica Rojas
Infant sleep consultant

Sleep training is the process of **helping a baby learn to get to sleep by himself and stay asleep through the night.**

Some babies do this quickly and easily. But many others have trouble settling down to sleep – or getting back to sleep when they’ve wakened – and they need help along the way.

One of the main reasons babies won’t sleep is because they have **developed “sleep props”** over the first part of their lives. Sleep props refer to ways babies have learned to fall asleep using assistance instead of by developing their own skills.

These may include feeding to sleep, being rocked to sleep, co-sleeping, etc. Your baby has learned to fall asleep using a certain method. When these methods no longer work and your child is losing sleep, it may be time to figure out which sleep training method would **work best for you.**

There are a **number of different approaches** to helping children to sleep and I’m happy to show them to you.



Why sleep train your child?

Babies do not have the ability to organize their own days and nights into predictable rhythms, but they have the **biological need** to do so.

That is why parents should take the lead and **create structure and routine** for their babies and for themselves.

Sleep is essential for your baby's health and development.

Baby sleep problems have been linked to emotional and behavioral problems, accidental injuries, and general irritability in babies. As there is junk food there exists "junk sleep" as well!

Uninterrupted sleep is so important for both you and your baby. **Some of the advantages are:**

- **A happier, lighter mood in your baby**
- **Less fussiness and irritability**
- **More quality time with your baby due to improvement in your own mood and energy levels**

Restorative **sleep is crucial for development and memory consolidation**, not to mention the peace within the family when a child sleeps well.

When your baby has sleep problems, **it affects you as well** — maternal depression, stress, and marital discord are associated — so it makes sense to take action now.

Nobody plans to have a sleep problem, but habits can become easily ingrained and spiral quickly out of control and you can find yourself sleep deprived, desperate and not too sure what to do.

"What a good many people don't realize is that babies need parents' direction to establish proper sleep habits. In fact, the reason so-called sleep problems are common is because so many parents don't realize that they, not their babies, must control bedtime."

Tracy Hogg, nurse and author of *Secrets of the Baby Whisperer*



How does the training process work?

When parents hear about infant sleep training, they often think of babies left alone in their cribs to cry themselves to sleep.

But **there are alternatives** to such an approach. I will show and teach you such alternatives and **make sure you will be comfortable with the sleep plan** for your child.

To achieve this goal I will **study your child's sleep** patterns, daily routine and habits.

From this information, I **create a plan that respects your family's sleep goals and your child's unique personality and temperament.**

I'll be by your side to offer knowledge and support throughout the entire sleep training process.



Do I have to make my child "Cry it out?"

Often parents ask if my training means to let their child scream until he or she falls asleep ("Cry it out" method).

NO!

I am myself a mother and my "mother heart" would not be able to do something like that – **why would I ask it of you!**

Besides, I was in the same situation as you. My son just did not want to go to sleep and the idea of hiring a sleep consultant was quite frightening. I have experienced on my own **how exhausting** this process can be, but also **how absolutely worthwhile!** The months and months in which he has been sleeping great since we did the program were absolutely worth the few nerve-racking days of the training.

Sleep training has gotten a very bad reputation in recent years and there are methods with which I also disagree.

However, you can **not throw all training methods into on big pot**. There are many different ways to reach your goal – and there are **gentle methods** as well.

I **respect personal parenting styles** of each family and I'm not against a particular method or sleep situation. It is important that the parents feel comfortable with the plan I created for their child, and that they are confident that they can do it. I like to go as far as I can to respect and consider parents requests or suggestions – of course only as long as the child is doing fine and responding well.

That's why I would describe my program more as **"sleep learning"** than "sleep training". We teach the child that **sleep is something great and positive** and he has the control over it. He learns to calm himself and not to be dependent on external "sleep-aids".

Be assured that I would never ask you to let your child cry uncontrolled and alone. During the training, it is important to show your child that you are there for him or her and that he does not have to manage the learning process alone. This will give your child the **confidence to give it a try** and figure out how he can fall asleep by himself.



Do I have to make my child "Cry it out?"

Often the children learn much faster than the parents expect – in most cases, they are even surprised what their child can do if they only let their child try! This is a **mutual learning process** and you will learn a lot about your child during the training.

Of course, most probably there will be some amount of protest, whining or crying. Crying is the way your child **expresses protest about change**. And since we are trying to change his sleep habits, your child will most probably express his displeasure. And that's his or her right! That is why I explain to parents, that at the beginning of the training, in most cases there will be initial protests – which does not mean that their child will cry himself into sleep. But every child reacts differently and often **it is not as bad as parents imagine it**.

Besides, I am at your side and every obstacle we master together – **we will work as a team!**

If you are still hesitant about whether sleep training is right for your child or not, **I would be happy to answer all questions and doubts you might have**

Visit my website and
download the **FREE PDF guide:**
“The Six Steps to help your
Baby Sleep Through the
Night” or **book a FREE 15
minute consultation.**

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My name is Jessica Rojas, I am a trained and certified expert Infant & Toddler Sleep Consultant who works with families around the globe!

Also I'm a mother and know how completely frustrating sleep struggles can be – I have been there!

I will help you:

- **Learn how to teach your child self-soothing skills**
- **Learn how to teach your child to go to sleep and get back to sleep independently during the night**
- **Learn how to teach your child to take healthful, restorative naps**

I understand and believe that every child and their family is unique and there is no one size fits all!

I would love to have a chat with you and talk about how I can help make things easier for you and your family!

Jessica Rojas



TESTIMONIOS:

Jessica was sent by the angels just in time. I was at my limit since my baby woke up almost every hour. I was so exhausted. Then I found Jessica. She was my big hope and she didn't disappoint me. For me it was important to choose a gentle approach. At first I was scared and not sure if I'm doing the right thing, since I didn't want to harm him. But Jessica helped me to see that we do the right thing and only have his best interest in mind, since sleep is very important for the growing process. So after just 2 nights, Max slept 12 hours through and does ever since. I have my life back and our whole family benefits from this. We are very happy and thankful for the support Jessi gave us through the whole training, every day any time. Thank you so much Jessi. We highly recommend you to every mother, father and baby in this world.

First I would like to thank you Jessica, for the time you have spent with us and your great support. You always believed in us, and so we believed in ourselves. The reassurance we received from you is simply priceless. We got so many tips from you, which helped us very much in our everyday life. Finally passed the time when I had to nurse my 9 month old baby to sleep every couple of hours and at the same time carry him around. And I can sleep now also at night! Thanks Jessica!



Steffanie & Max 9 months

Sleep training actually works! I was skeptical, but it turned out exactly as Jessica promised me it would! Our son sleeps about 11 hours every night. For me that's a little miracle. I also wanted to wean my baby, which seemed unthinkable - he couldn't sleep without my breast. I wasn't sure if I could handle the training, since my little one is very strong and would certainly not abandon his habits without protest. But Jessica has always assured me that we will make it and continued to motivate us again and again. After a few days Philip slept through the night. Our life is now so much more relaxed. I was able to stop breastfeeding two weeks after we started the training. We are all now sleeping great, and Philip goes to bed without any tears or complaints. Thanks Jessica. Keep it up!

As a family, we have improved a lot since the training. Our son sleeps great and is now able to sleep in his room. I do not have to breast-feed him at night anymore - but can still continue to do so during the day. My husband does not have to sleep on the sofa anymore, which of course he's happy about. Since I sleep better and Alexander no longer cries so much and has become much easier, I feel emotionally better and stronger. The training has helped and I can recommend Jessica.

I would like to say a thousand thanks to Jessica! I still can not believe that we really got the sleep problems of our daughter under control. It was hard work, but it was definitely worth it. Marie has become a much more relaxed child and also the difficulties with eating are almost gone. I am really grateful to you for not giving up and always encourage me to try one more time - I could not have done it all by myself. It was great that we worked as a team and I felt understood, even if I was not always rational and sometimes very stressed out during the training. Thanks for your very great patience!



Catherine & Tristan 6 months

I am so happy we did sleep training. Our 3 year old still had huge sleep problems. The situation was simply unbearable. And Zoey was really difficult to handle and threw many tantrums. At a doctor's office, a nurse told me about Jessica and her training. I had never heard of it before. Since we were so desperate, I just called. She was nice and I had confidence in her. That was the best decision! Zoey now sleeps alone and manages to stay in her bed almost all night and fall asleep by herself. Very rarely she comes to us, but because of the training I know exactly what I have to do to calm her. It really gets better and better. She has become much calmer - even if she still has a temper. The weeks of training, in which I sometimes were pushed to my limit, were definitely worth it. Jessica was a great help. I can only advise all parents to try it out.