



Parents-to-be N & L

### **Introduction**

My clients were a lovely couple who were 6 months pregnant and had excitedly announced their pregnancy to friends and family. They were already thinking about antenatal classes, buying products they needed, and getting themselves prepared for the arrival of their baby.

The couple were in their early 30s and had so far enjoyed a life of international travel, eating out at local restaurants, shopping at independent boutiques and spending weekends away with friends. The couple knew their lives would dramatically change on the arrival of their new baby, and wanted to prepare themselves as much as possible for what was to come. The couple wanted to understand how they could best support their newborn with sleep in the early days in a gentle and responsive way, as they understood that there would be broken nights and uncertainty in those early days,

### **Background**

This was to be the couples first baby, but they had friends and family who already had children, so they had some idea of the emotional, physical and mental changes that are involved with having a baby.

They had heard a lot from well meaning friends, and on social media, about the lack of sleep parents get, so they wanted to understand what that would look like, how they could support their newborn with sleep in the early days. The couple also wanted to give themselves confidence that they were on the right path - an important thing for brand new parents.

The couple had heard about 'sleep training' but were feeling anxious about what this might mean for their newborn. I reassured them that we wouldn't be doing any form of training with their newborn, as would simply be supporting them with 'shaping' their sleep habits in these first few months, I reassured the couple that they would never have to leave their newborn alone and there would be no crying involved. All the advice and methods used in my guide are responsive and gentle.

### **My method**

The couple took my Newbie Snooze Package, which is designed for pregnant couples and parents of newborns. The package includes a 45 minute consultation and a comprehensive PDF guide which includes: An overview of the fourth trimester, how to support your newborn's transition from womb to world, the science of sleep including the circadian rhythm, safe sleeping guidelines from the Lullaby Trust, sleep myth busting and much more.

The consultation also helps set the expectations in terms of how often little one might wake in the night, how to support them back to sleep, and how partners can get involved to physically and emotionally support the new Mums.

I also talked about how and when the parents could start thinking about sleep support for their newborn, and how to do this in a gentle and responsive way with no time pressure.

### **Outcome and achievements**

The expectant parents are now more mentally prepared for what to expect in the early days of parenthood, particularly regarding sleep.

Husband in particular felt more confident about his knowledge of baby sleep and how to support his partner and their newborn in the first few weeks. The couple have also started thinking about what products to buy - and which ones are not worth purchasing - to ensure little one has a safe, conducive and comfortable environment for sleep.

The couple also commented on how comprehensive the guide was in terms of sleep science, as this enabled them to really understand why a newborn may wake in the night, what stages of development their newborn goes through, and how to support them with these.

*"We met with Charlotte for the Newbie Snooze package ahead of the arrival of our baby and we found the session incredibly informative and reassuring.*

*It felt great to get a head start on understanding what the first few weeks with our newborn might look like and how we can best prepare and be as informed as possible. Charlotte approached every part of the conversation with sensitivity and the session revolves around helping us as new parents to understand the important elements of what is to come.*

*We'd definitely use Charlotte's services again and it's great to know we have someone on hand to support once our baby arrives too."*

### **This is the package they had:**

Newbie Snooze Package

[Newbie Snooze Package | The Good Snooze Co \(thegoodsnooze.com\)](https://thegoodsnooze.com)