

Module 1: INTRO

Lesson 1: Who are we and our philosophy

Hi there! My name is Rachael Kullmann, and I'm the founder of Sweet Babydreams. Welcome to our Ultimate Baby & Toddler Sleep Course! As a mom-led business, we know that sleep deprivation is no joke. Not only does it have a negative effect on health and relationships for you as a parent, but it's not good for your little one either! Sleep is not a luxury, it's a necessity that's just as important as eating nutritious food or getting enough exercise. We believe that every family deserves good sleep, so they can thrive. We're here to make that possible for you and your family, too! But before we get into the nuts and bolts of HOW sleep works and how you can help your child sleep better, I want to take a few minutes to introduce myself and our philosophy.

As a first-time mom of a baby with painful reflux, I suffered from postpartum depression and severe sleep deprivation. After a year of struggling with 45-minute naps and frequent night wake-ups I'd completely lost hope in my little one ever sleeping well, and my confidence in my mothering ability was shattered. I'd tried every piece of advice from Google and my well-meaning friends, but nothing had helped my baby sleep better. Finally, I "caved" and, very skeptically, started working with a sleep coach. "What could they tell me that I haven't already tried?" I thought. Much to my surprise, my daughter slept 12 hours through the night within 3 days, and with minimal fuss!

It felt heavenly! Not only did we both sleep through the night, but my little girl was happier throughout the day, and I could enjoy quality time with my husband again. I wondered why I hadn't reached out for help sooner! Right there and then I knew that I wanted to give that gift of good sleep to other moms, and I trained as an Infant and Child Sleep Consultant. Since founding Sweet Babydreams in 2015, my team and I have developed baby and toddler sleep resources in multiple different languages and have helped hundreds of families all over the world solve their sleep issues.

We are so excited for you to start this course. If you're feeling discouraged, confused, or hopeless right now, we want to encourage you – with the tools and support provided by this course you **will** be capable of making the necessary changes and experiencing restful nights and peaceful days as a family!

We created this online course to make the same tried and tested methods we have successfully used with hundreds of families in 1:1 coaching since 2015 easily accessible to even more families. We'll teach you all the core aspects of sleep to help you create **an individualized sleep plan** for your little one. This **science-based** and **family-centered approach** pulls all the pieces of the sleep puzzle together and will help you make effective changes to your little one's sleep while **minimizing tears** and **strengthening your parent-child attachment** all at the same time!

Well-rested families are scientifically proven to have better relationships, stronger bonds, and less stress than families where sleep is a constant struggle. This course focuses on providing **holistic sleep solutions** that meet the needs of each of your family members. While some tears are normal as you make changes to your child's sleep, this course will help you recognise your child's communication, and give you practical tools to support your little one in a loving, responsive, and respectful way when overwhelming emotions arise.

So, what are you waiting for? Let's take the first step toward better sleep and dive into the course!