

WELCOME PACKET

onboarding handbook



i'm so happy you're here,

Ola Banasik



welcome

You are here! Congratulations on taking this very first step to improving your and your baby's health & wellness.

I feel honored you have trusted me to help you.

Please, know I am here to fully support you, answer questions, concerns regarding sleep training process and beyond that.

With over a decade of experience as an educator and nanny, there is not a thing you cannot ask me!

With no judgment, but with empathy, understanding & love, let's help you rediscover the balance your entire family so deserves.

All the love,

Ola

Approaching sleep as a foundation for your baby's wellness and development, my sleep plans will help you address sleep-training fears and use sleep training as empowerment, not punishment.



what to expect

STARTING SLEEP TRAINING

It may feel like it is too hard. It may feel exhausting and the first few nights, especially night 1, are usually the most challenging. It is not unusual for the first bedtime to last 1hr! Or, you may be surprised how quickly it worked! Many times, sleep training is harder on parents than it is on kids and you're doing it for the first time.

SELF-SOOTHING

Self-soothing will be crucial in learning independent sleep for your child which is a foundation to sleeping well at night. What is self-soothing?

Self-soothing is often mistaken for self-regulating (ability to manage emotions and behaviors in response to what is happening around) which babies aren't capable of. In sleep training, self-soothing is used for non-signal awakening - the baby wakes up but can go back to sleep without signaling for help. Based on several studies this is something a baby can learn with proper sleep hygiene.

Methods I teach are gradual and allow you to comfort and tend to your child in a reasonable amount of time.

HOW FAST WILL I SEE IMPROVEMENT

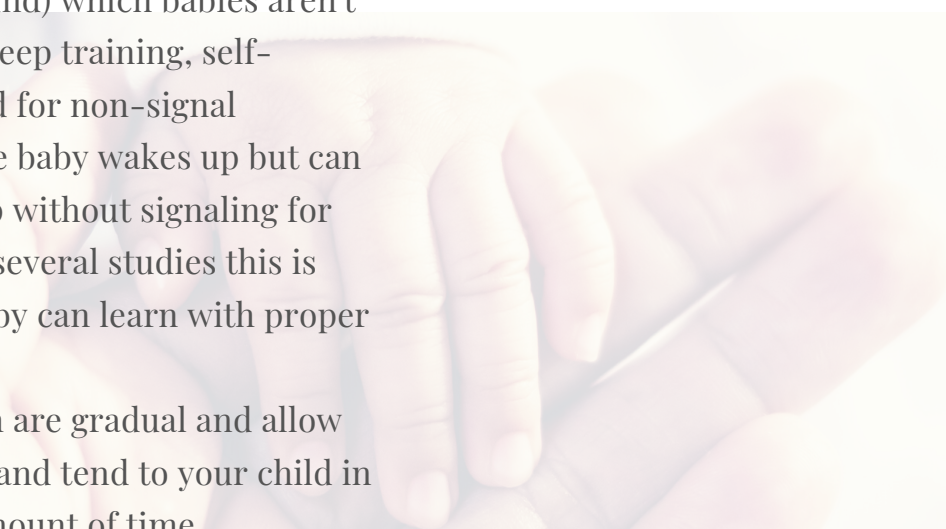
Improvement & results depend entirely on 2 factors:

1. Your child, their personality & how they adapt to changes.
2. How consistently you apply steps from the sleep plan.

REMINDER

We often do not see progress we make because we are too focused why we aren't there yet.

It is one nap, one night at a time!



sleep truths



When we sleep, we heal: our energy is restored, tissues grow and repair, our immunity is strengthened, growth hormones are released



Sleep deprivation negatively affects our brain chemistry, brain growth and cognitive functions, as well as focus, alertness or reaction times. Sleeplessness inhibits our productivity, ability to learn and consolidate information.



Our energy uses, digestion, immunity, mood, growth hormones are all suppressed when we do not get enough sleep. Needless to say, moms are at risk of maternal depression when sleep deprived.

communication



BUSINESS HOURS

Monday - Friday

9:00am - 6:00pm EST

Saturday - Sunday

10:00am - 1:00pm EST

RESPONSE TIME

I will do my very best to answer your message sent within the business hours within 2-3 hours when feasible. I always check my emails every morning, midday and before closing my office. Correspondence sent on weekends or holidays will be responded to the next business day, unless you purchased a package or an Add-On that includes weekend communication.

REFERRED CONTACT METHOD

Depending on your package you will be able to reach me via:

- email: therealbabyworld@gmail.com
- cell: 240-380- 6938 (text or voice message)

*I love receiving updates!
Let's stay in touch!*

what's next

QUESTIONNAIRE & CONTRACT

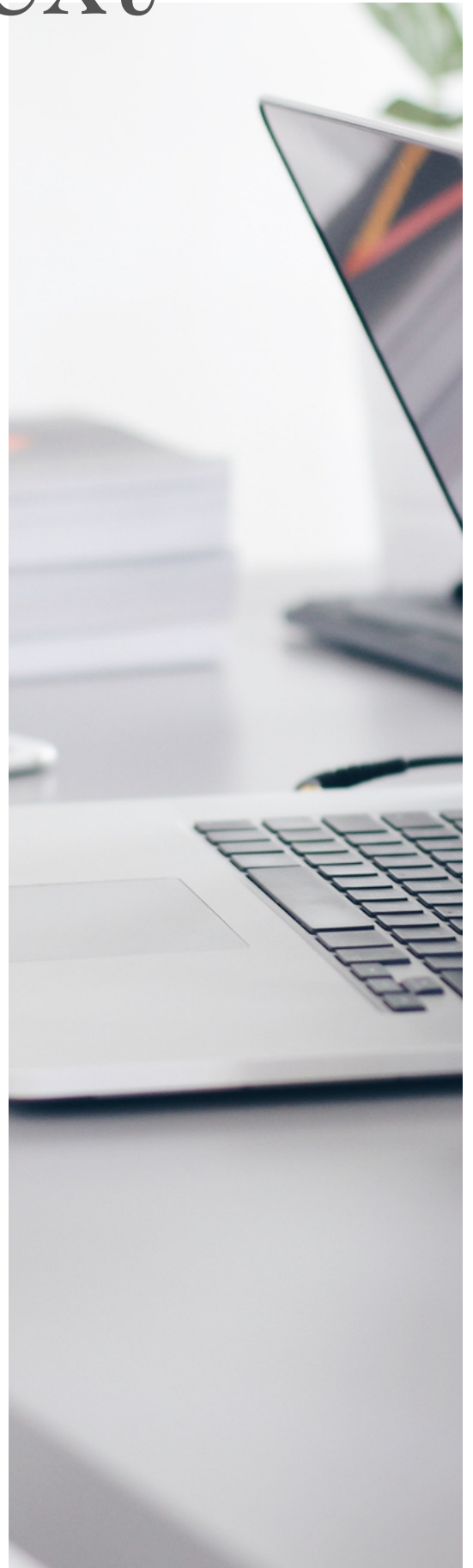
Following this e-mail, you will receive an agreement for our consultation & a detailed questionnaire for comprehensive evaluation. Please, be detailed. Really, the more, the better - this way I can fully understand your child's sleep troubles.

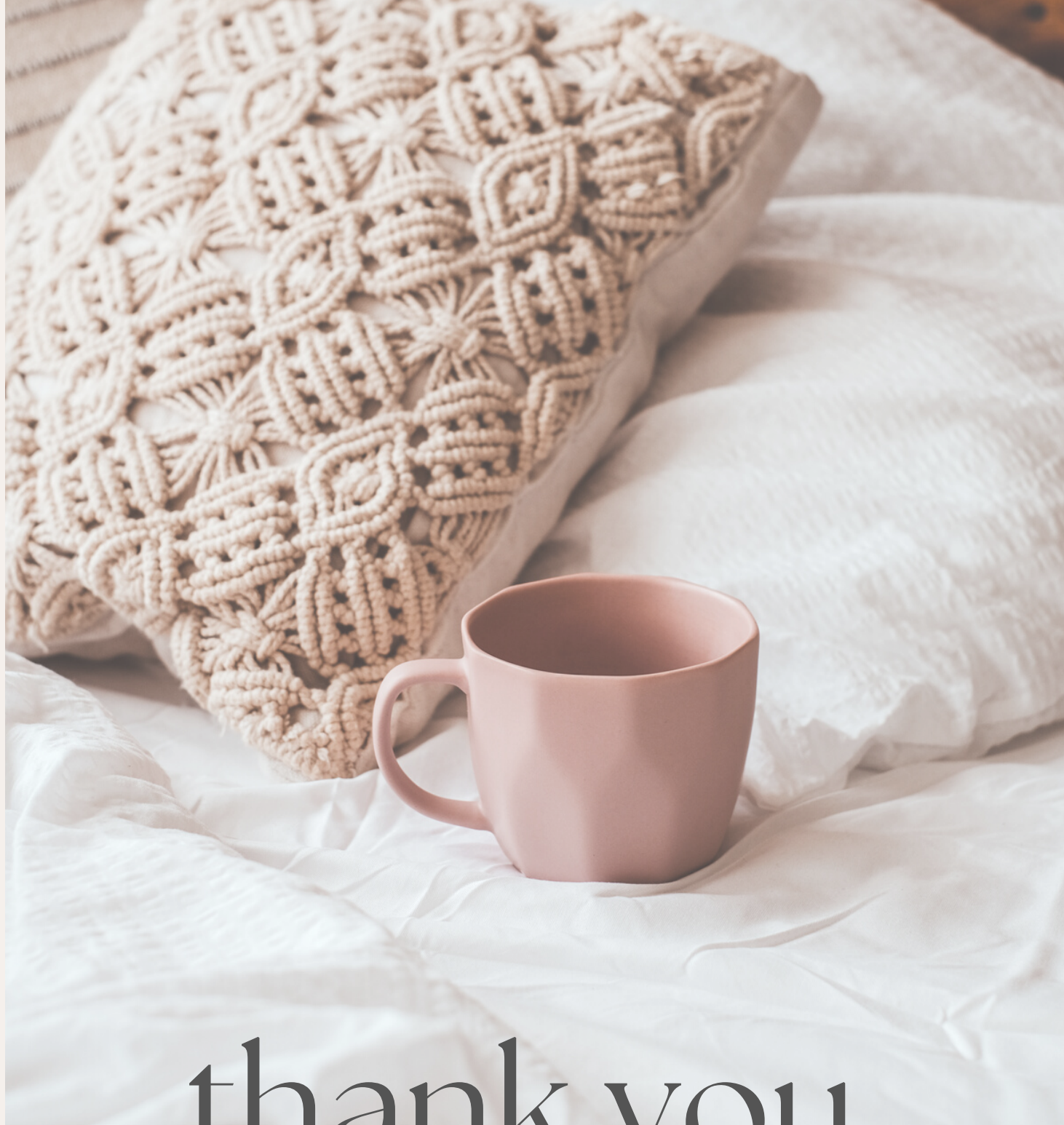
THE PLAN OF ACTION

When I receive the contract & the questionnaire, it is time for me to do my magic! I will be working on a detailed, step-by-step, personalized plan for your child which you will receive within 3 business days!

CONSULTATION

When you receive the plan, you will have a few days to study and digest it. If there is something not clear, you have additional questions or need to talk before starting - you have a consultation included in your package you can book with me and we will go over everything! Remember - we are in it *together*.





thank you

Thank you for trusting me to help you rediscover your balance as a family. I promise you there is an answer - a good night sleep is much closer than you think. I am thrilled to be working together and helping your baby and your family thrive.

To your inevitable success!

Ola