

Sleep Baby Sleep

Maternity Nurse & Sleep Consultant

New Baby? Sleep deprived? ... I can help!

Please call Tina
on 07933 748841

I offer support and guidance to new parents. With extensive knowledge and experience, I can help with:

- Improving healthy sleep habits
- Routine establishment
- Colic and reflux management
- Feeding and settling
- Overnight care
- Problem solving
- PND support
- Proxy parenting
- Twins

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