

Post Natal Care

Sleep Easy provides post natal care. This will benefit parents from pregnancy onwards.

As babies don't come with manuals this could be the next best thing.

Having the information before it happens, will allow you to feel empowered in dealing with any situation that bringing up children can cause.

This can be a very anxious time. If you are not getting enough sleep, the smallest thing can make you feel out of control. Often families live far away from one another so the support may not be there.

Let us help you get into good patterns and rhythms with your infant.

We will give you the techniques to achieve this which will lead to the well being of both parents and will allow you to settle into parenthood easily. How often have you heard yourself say, "If only I could get some sleep then everything else would be ok?"

This is also a time when new developments are starting and bad habits may come into play. Perhaps you would like to know what is the next stage of development.

Our aim is to guide and support you through the demanding role of parenthood.



Tania Percy

...is a mother of three. She has been active in early childcare for over 15 years and holds a Diploma in Early Childhood Development, Maternity Certificate and National Nanny Certificate

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Sleep Easy ^{z z z}



Help is available for exhausted parents

We provide personalised solutions for sleep and post natal care. We offer home visits, phone consultations and group seminars.

Contact Tania for more information

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Becoming a parent is like starting a new job - You feel happy and excited about the possibilities, yet anxious too.

It takes time to learn your new role and to adjust to it. Every baby is born with a rhythm and pattern unique to them. We as parents have to get into that rhythm and pattern to understand our infant.

Sleep is the most important aspect of your child's life in the early years.

Let Sleep Easy help you find the right routine and sleep patterns for your child or let us sort out any problems you might already have. Bad habits are easy to get into and are hard to break, especially if you are tired and stressed.

We feel it is very important to involve the whole family - not just the infant.

This is a very individual process as we realise every family is unique. We work to your needs but more importantly your infants needs.

The longer you continue with bad sleep habits the harder they are to break.

Let us work with you to tailor a sleeping solution that replaces those bad habits with techniques that teach your baby to sleep through the night. This without shutting the door and leaving them to scream.

Who would benefit from sleep easy?

PARENTS who suffer from exhaustion caused by constant broken nights experience extreme fatigue. This results in strained relationships, difficulties at work and even depression.



INFANTS with poor sleep patterns find it hard to cope with day to day activities because they are simply not getting the quality of sleep that they need. And of course not forgetting the disturbance that can be caused to **SIBLINGS** at night.

With our techniques we do not believe in leaving infants to cry as we feel this doesn't teach the infant anything. We believe strongly in making sure the infant feels safe and secure not left alone and scared.

Sleep easy is tailored for the "21st century family", it's a matter of what we can do for you as we cater for each individual family.

Our method is to teach parents how to deal with their children rather than nanny the child ourselves.

We want to give you the skills and empower you to use them.

We pride ourselves on individual differences both with the child and with the family.

It is easier to teach an infant how to sleep through the night if they feel safe in their environment.

I will come to your home and with your help devise a plan to allow your baby to sleep well in the night and have a good routine throughout the day.

Solutions and support for parents of infants