



Babes in
Sleepland

Angela Walsh
Certified Child Sleep Consultant
Babes in Sleepland

Media Kit



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About Babes in Sleepland

Angela Walsh is the founder of Babes in Sleepland. Her mission is to use sleep training to help parents experience the profound joys of life with their infant or child, while minimizing the profound disruptions to existing routines and sleep schedules that can sometimes accompany those first few months of life.

Her practice is built on the belief that sleep is not a luxury but rather a biological necessity that no baby, child or parent, can-or-should-do without.

About Angela



Angela Walsh is a Family Sleep Institute, Certified Infant and Child Sleep Consultant. She is also a Safe to Sleep Champion and a member of the International Association of Child Sleep Consultants. She lives in Rye, NY and is the mother of four grown children.

When her youngest child left for college, she knew she was ready to embark on a new career. Researching infant and child sleep consulting, and knowing the importance of sleep hygiene, she was immediately drawn to the field. After going through the certification process of class time, papers, and on-site training, she was ready to help all the moms, children, and families who are exhausted and in need of sleep training and a better night's sleep.



Since becoming certified, Angela has furthered her education in order to work with families of special needs children, and moms who are experiencing postpartum depression, anxiety and “baby blues.” Being a part of the “Family Sleep Institute,” where she was certified, she has access to the most up to date developments in sleep research, diet and nutrition, postpartum depression, infant reflux, as well as safety issues regarding child and baby equipment.

Some of her Continuing Education Courses Include:

- Sleep Consulting with Families of Children with Special Needs, Debbie Sasson, PsyD
- Canadian Foundation for the Study of Infant Deaths
- Safe to Sleep Campaign, Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)
- Understanding Adult Sleep, Patty Tucker, PA-C
- Postpartum Depression and Other Postpartum Mood Disorders, Sarah Stern, Ph.D
- Sleep in the Infant and Child, Reshma Amin, MD, MSc

Angela has published articles in the Rye Record, Nutrition News, Family Sleep Institute, New Living Magazine and woombie.com; and has been interviewed by Family Life Radio, Healthy Life Radio, It's Your Health Network, WIOX Radio, and New Living Magazine



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Facts About Sleep Deprivation and it's Effects on Children and Families

Children:

Sleep Deprivation Effects

Up to 50% of 6-12 month olds

30% of 12 month olds

15-20% of 1-3 year olds

- Sleep deprivation in children is linked to hyperactivity and learning difficulties
- Children who are chronically sleep deprived have been shown to have higher levels of cortisol in their bodies which can compromise their immune systems
- Too little sleep can result in trouble coping emotionally

Parents:

- When parents are sleep deprived, marriage, household duties, parenting and performance at work can suffer
- 80% of mothers who have postpartum depression experience insomnia



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Sleep Land

Common Sleep Issues

- Frequent night wakings
- Early morning wakings
- Short or non-existent naps
- Transitioning from co-sleeping to crib
- Transitioning from crib to bed
- Bedtime battles



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Main Causes of Sleep Disturbances

- Colic
- Teething
- Sleep Apnea
- Reflux
- Developmental Milestones
- Transitioning From Co-Sleeping to a Crib and From a Crib to a Bed
- Traveling
- Schedule Changes
- Lifestyle Changes (a new sibling, moving homes, starting school, separation, divorce)



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Sleep Training Methods

The sleep training methods that Angela implements, are drawn from a variety of pediatric sleep specialists. Angela will develop a customized sleep plan that suits a family's needs. Some of the various techniques are:

- Pick-up, put-down
- Check and console
- Graduated extinction/ Chair
- Extinction
- Silent return
- Reward System



Beginning the Sleep Consulting Process

1. Initial Consultation

After an initial, free 15-minute phone consultation, Angela has a brief understanding of what sleep challenges and difficulties a child is experiencing. From there, parents will decide if they would like to proceed with sleep training and which sleep success plan is best suited to their individual situation.

2. Partnering with Pediatricians

Before sleep training begins, Angela insists that the child's doctor be aware the training will take place and rule out any pre-existing sleep apnea or any other relevant conditions. In addition, the parents will fill out a comprehensive form, detailing the child's age, medical history and sleep history as well as current sleep schedule, family dynamics, etc.

3. Addressing Precise Needs

After Angela evaluates the information, she will draw up an individualized sleep plan, addressing the child's precise needs. She will then schedule a detailed conversation with the parents to discuss the plan and answer any questions that arise.

4. Choosing a Sleep Success Plan

Whether a family chooses an in-home package, or because of geographical constraints, a phone/Skype/email package, families can be assured they will get constant and unlimited support from Angela as they implement their personalized plans.



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Sleep Success Plans

In Person-In-Home Plan: \$500

This is a popular offering for those who live in the NY/NJ/CT area.

This plan includes:

- A one-on-one discussion of a baby's sleep issues and a review of the intake form
- An evaluation of a baby's sleep environment
- A personalized sleep plan to address a baby's needs and any suggested changes to the nursery/bedroom
- An opportunity to meet all people involved in the baby's care
- A sleep log to be filled out daily and sent to Angela for her assessment
- Daily support (Monday-Friday, 9-5) through phone or email while the sleep plan is being implemented and the sleep goals are reached



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Email/Phone/Skype Plan: \$425

This is the best offering for working parents or those who live outside of the NY Metro area.

This plan includes:

- An initial 60 minute phone discussion of a baby's sleep issues and a review of the intake form
- A personalized sleep plan to address a baby's sleep needs
- A sleep log to be filled out daily and sent to Angela for her assessment
- Daily sleep plan implementation support through phone or email, (Monday-Friday, 9-5) while the sleep plan is being implemented and until the sleep goals are met.

5 Day-Email/Phone/Skype Plan: \$195

This is a popular with families whose sleep issues can be solved in a shorter period of time of these who need less support overall.

This plan includes:

- An initial 60 minute phone discussion of a baby's sleep issues and a review of the intake form
- A personalized sleep plan to address a baby's sleep needs
- A sleep log to be filled out daily and sent to Angela for her assessment
- Daily sleep plan implementation support through phone or email, (Monday-Friday, 9-5) while the sleep plan is being implemented and until the sleep goals are met.



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One-Hour Phone/Skype Consultation for Expectant Parents: \$150.

This is an offering that is a popular shower or baby gift:

This plan includes:

- Discussion of ways to set up the nursery for optimal sleeping, and establish routines that will help turn a baby into a great sleeper
- Discussion of how parents can take care of themselves as they navigate the exciting uncharted territory of their baby's early weeks
- Three days of sleep help through email up to the baby's six month birthday

One-Hour Phone/Skype Refresher Course: \$75

This is a popular offering for returning clients.

This plan includes discussion of topics such as:

- Planning for the birth of a second child
- An older infant who is transitioning to a crib
- A toddler who is experiencing sleep disruptions



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Services Provided

Pre-Natal Sleep Workshops:

Educating parents on:

- How to set up the nursery for the new baby
- What to expect when the baby comes home
- Safe to sleep practices
- What infant sleep looks like
- How mom can best take care of herself
- Ways to handle infant colic

Post Natal Sleep Workshops:

Educating parents on:

- Healthy sleep habits
- Safe to sleep practices
- Ways to handle infant colic
- How to teach self-soothing techniques
- The importance of naps in terms of where and when they take place
- How to make sure baby is getting the restorative and consolidated sleep that is needed



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Testimonials

As a new mom struggling with sleep issues and waking up every two hours to a hungry baby, Angela was a huge help in teaching me ways to help not only myself to get the sleep I needed, but also my son. After putting Angela's techniques to use, we had a baby who went from several night wakings to only one waking a night! Angela was full of tips and helpful information and was sensitive to my beliefs as a parent. She was a great help and we are so lucky to have worked with her!

Kate, New York, NY

Taking care of a newborn can have a steep learning curve. I learned quickly that my baby enjoyed sleeping in her carrier during the day. This was great for the first few weeks, but the novelty soon wore off and it became cumbersome and tiring. Angela helped my daughter make the transition to sleeping in her bassinet, and also helped to clarify the basics of baby sleep cycles. Her sleep habits have greatly improved and she is an alert and happy baby. I am so grateful for Angela's help and would recommend her services to anyone who has questions or problems around their baby's sleep.

Deb, Comox, BC Canada

Angela was so helpful to me in my early attempts to sleep train my daughter; she was quick to respond, reassuring, empathetic and incredibly patient! Since I was dealing with my own sleep deprivation, I appreciated that she always sent me a recap of our conversations in an email after we spoke. Her guidance was always clear and practical. I credit her with getting our sleep journey started on the right foot. Thank you Angela!

Viney, New York, NY



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Before starting work with Angela on my 6 months baby sleep, I could not believe it would be even possible to teach our little daughter to almost sleep through the night. With Angela's valuable and attentive guidance it actually happened! I wrote Angela every day my latest night experiences. Angela helped my husband and I to overcome our fears of hearing our daughter cry. Step by step she guided us what we are going to do next to improve our daughter's good night sleep habits. And her every advise has miraculously worked. Our daughter for the first time started sleeping long stretch hours from 7pm to 2 am, then wake up again at 3 or 4 pm but would settle herself back to sleep in about 10 minutes or so. We did not even had to go in to soothe her anymore. Previously our daughter kept waking up every 2 hours for feeding and with sleep training it narrowed down only to one feeding at night!!! It is a hard process, but when you know that a knowledgeable sleep expert is behind you and you are not harming your baby, it gives you power and confidence to keep going and finally get the result. Now my daughter feels more rested, does not have gases at night because of frequent feeding, finally eats during the day and not the night, and I feel like a normal person and not a zombi anymore! Thank you Angela!

Madina Celebi



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As a working mom with two kids, I went into a panic when my 18 month old daughter, Charlotte, started to sleep poorly. I depend on my sleep as you can imagine, as does my husband. I called Angela and we began to work together to get Charlotte back to her routine. Angela was a lifesaver!!! She was patient with me and we worked together on a daily basis to get Charlotte back to being a great sleeper. Over a two week period, I would email Angela and speak with her on the phone whereby Angela and I would work together to figure out (a) what were the issues and (b) what time Charlotte should take her naps and go to bed. Angela also visited my home and assessed Charlotte's sleep environment. Angela provided me with sound and practical advice. And now Charlotte is back to being a well-rested, happy child and so are her parents!!! Thank you Angela for the positive and productive experience we had working with you!

Stephanie, White Plains, NY

I thought I knew how to sleep train, I did it myself with my first son. Read all the books, had him on a schedule, and taught him how to self soothe. But with my second son, nothing was working. He wouldn't take a bottle, and breastfed on and off all night long. I was at my wits end I didn't think anyone could help, but then I called Angela. She was great! After working with her, my son can now self-soothe, doesn't eat at all throughout the night, and sleeps so much better!! AMAZING! Angela was so helpful and it was so great to be able to contact her with the smallest question or concern. Thank you Angela!

Brandi, Rye, NY



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Thanks to Angela, I never thought I'd see the day when my son slept through the night! She made a miracle happen. My son went from 30 minute naps and waking every hour of the night to napping 1-2 hours at a time and sleeping through the night. She custom tailored a routine that worked for my son and our family and she was so flexible and approachable during the entire process. Angela's sympathy, understanding and expertise was nothing less than stellar. She didn't let my husband and I go through it alone. She was there every step of the way with us. I am very grateful she was there for our family and helped us transition to nights filled with sleep instead of the frustration we had grown accustomed to. Thank you Angela!

Lynn, Long Island, NY



Media Mentions

New Living: "Cortisol, Babies and Sleep Training." April 2014.

WIOX Radio: "Adult and Child Sleep Issues." January 29, 2014.

healthylife.net: "Sleep Tips." December 6, 2013.
<http://www.babesinsleepland.com/media-mentions>

itsyourhealthnetwork.com: "Sleep Challenges and Needs of Autistic Children." December 5, 2013
<http://audio.itsyourhealthnetwork.com/media/parent121213angelababes14min10sec.mp3>

familysleepinstitute.com: "Everything You Need to Know About Sleep Cycles." June 27, 2013.

The Rye Record: "Safe to Sleep Campaign." June 19, 2013.

nutritionnews.com: "Should Babies Cry Themselves Back to Sleep? Three Tips to Teach Babies to Self Sooth." May 7, 2013.
<http://www.nutritionnews.com/conditions/sleep/should-babies-cry-themselves-back-to-sleep-three-tips-to-teach-babies-to-self-sooth/>

ryepatch.com: "Safe to Sleep Campaign." May 3, 2013



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Support Services

- Weekly sleep questions answered and sleep tips given at Babes in Sleepland Facebook page
- Blog posts about the latest sleep research and findings at babesinsleepland.com
- Information on baby and child products at babesinsleepland.com
- Seminars at pregnancy crisis centers



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Thank you for your interest in Angela Walsh.

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