

POSSUMS & CO.

The Parent
Wellbeing & Baby
Development
Collective

Sleep Like a Baby
**THE ORIGINAL
BABY & TODDLER
SLEEP PROGRAM**

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THE PARENT WELLBEING & BABY DEVELOPMENT COLLECTIVE



Come & See Us

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 POSSUMSONLINE

How can we help?

Does your baby wake too often in the night? Take a long time to go back to sleep or have difficulty with day-time naps?

The Original Baby & Toddler Sleep Program (that's not sleep training), is a revolutionary approach to baby and toddler sleep and has been transforming lives since 2011.

Each of our skilled and caring team are accredited in Neuroprotective Developmental Care (or the Possums programs) and are on-hand to offer further support and advice. We offer:

- Comprehensive evidence-based assessment and sleep support
- Home visits or in-clinic appointments
- F2F groups (Shared Medical Appointments) as often as you need with no out-of-pocket expense
- Appointment within 24 hours if your baby is 4 weeks old or less

Dr Pamela Douglas and her team are national leaders in research-based programs for breastfeeding, sleep and unsettled baby challenges.

Sleep.
By
Possums.

OUR PROGRAMS

THE ORIGINAL BABY & TODDLER SLEEP PROGRAM

Developed in 2011 by Dr Pamela Douglas, this evidence-based program, which isn't sleep training, is professionally known as the sleep domain in Neuroprotective Developmental Care (NDC).

The program is delivered in the form of videos and accompanied by a practical workbook. It draws on the latest neuroscience, infant sleep science and attachment research to bring proven strategies for less disrupted sleep, at the same time as parents support the baby's optimal development.

BREASTFEEDING WITH POSSUMS

Our breastfeeding program is available online in the form of videos and workbook. It is a new, evidence-based approach to pain-free enjoyable breastfeeding.

We use the latest understandings of infant suck and swallow, developed out of ultrasound, vacuum and MRI studies, to help with the wide spectrum of breastfeeding challenges.

THE PARENT HUB (PIPPS)

Our community membership program is facilitated by Parent Mentors who have expertise in the programs. The Parent Hub is about connecting, caring for your emotional wellbeing, and sharing tips and tricks with other parents via online groups.