



*Sleep Like
Baby*

**THE ORIGINAL
BABY & TODDLER
SLEEP PROGRAM**

That's not sleep training

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.

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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.



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