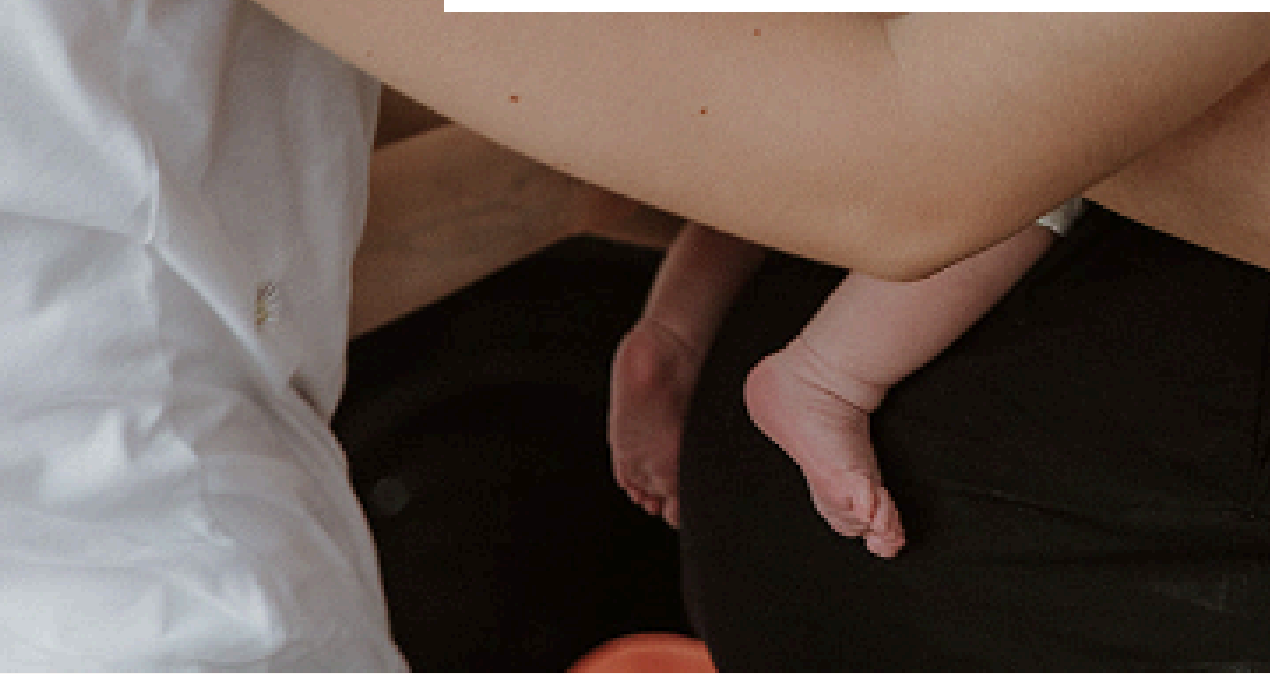




Sleep & Well-Being *resources*

- **Sleep and Well-being Kits (Subscription Option):** Practical kits for parents to address their child's sleep and emotional needs.
- **Online Group Programs for Parental Support:** Supportive programs where parents learn strategies for managing sleep and emotions.
- **Sleep Consultations for Parents:** One-on-one consultations addressing each child's specific sleep challenges.

Earn a commission for each subscription, consultation, or group program referral coming from you.



BREASTFEEDING **01**

Golden Rules, during the 1st month
12 points for positioning baby at the breast
How to know if baby is drinking enough?
9 things to know about expressing milk
Bottle refusal : Things to try
The bottle and breastfeeding
Breastfeeding and nipple shields
Breastfeeding in case of pain
Symptoms of colic

UNDERSTAND BABY **02**

Sign of Stuck Burp
Baby Has Gas
3 Things to Know About Baby
The 8 Senses for the Nervous System
Calming the Nervous System
Colics & the Vestibular System
The impact of the Proprioception

CALM MY BABY **03**

The CRAFT Method desescalate crises
Calming Baby Without Holding
The LOOP Technic for uncontrollable cries

BABY SLEEP **04**

Baby's Nighttime Needs
Baby's Sleep Needs
Biological Nighttime Awakenings
Co-Sleeping Safety Checklist
Baby-proof the Environment

*from 6
month*

THE SLEEP PROGRAM 05

1. Sleep Biology
2. Find sleep in 10 steps
3. The Truth About the Bedtime Routine
4. Cozy Corner & Finding Calm
5. Sensory Profile (the personality test)
6. Tantrums & Cooperation
7. Night Awakenings
8. Introduce a New Habit

HORS SERIES 06

Potty Training
All about Biting & Hitting
Nursery: this New Chapter
Emotion Decoder
Attachment & Separation Anxiety
Toddler + Newborn: The Family is Growing
Activities & Games for Baby & Toddler

PARENTAL WELL-BEING 07

the program

1. Parenting in the 21st Century
2. Team Parenting Toolkit
3. Recipe for Parental Burnout
4. Emotional Baggage
5. Declutter your Mind
6. Is it Mum Rage ?
7. Activate my Village
8. My Family: Mode d'emploi

BY LOUISE.LAPUERICULTRICE

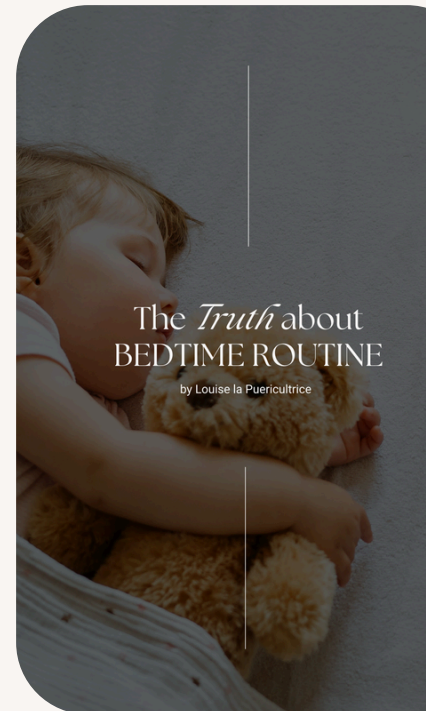


SLEEP BIOLOGY

Understand and master your child's biological mechanisms to create the perfect environment to invite sleep. These overlooked elements that prevent your child from falling asleep peacefully and staying asleep.

THE TRUTH ABOUT BEDTIME ROUTINE

Debunk myth ideas about sleep routines that can become a source of constraints and stress for your whole family. Discover a realistic and soothing approach that respects your child sleep cycles and truly make bedtime and nights easier.



NIGHT AWAKENINGS

All the in depth strategies that has a lasting effect on night wakings . Explore biological, emotional, sensory and behavioral approaches, learn how to support your child at night and what to do during the day to prepare for peaceful nights.

THE SLEEP HABITS

Learn how to switch a sleep habit with another without any cry-it-out method. Make it easier for your child to fall asleep by respecting their rhythm and needs, and learn how to use the Loop Technic in case of uncontrollable cries.



TEST: SENSORY PROFILE

Better understand your child's reactions thanks to the sensory profile, so you can create a serene and adapted daily life for your family. Learn to adjust stimulations, anticipate and soothe tensions, to respect everyone's rhythm.

RELEASE TENSION

A collection of activities adapted to your child's sensory profile. Accompanied by its needs decoder to help you find the ideal routine to help him release his tensions and fall asleep.



BY LOUISE.LAPUERICULTRICE



Tantrums & COOPERATION

by Louise la Puericultrice

TANTRUMS & COOPERATION

In this kit, discover how to set clear boundaries and use 9 cognitive tricks to get your child to follow your instructions without constant repetition and to encourage organic cooperation.

COZY CORNER & FINDING CALM

The 'Cozy Corner' kit guides you to create your child's favorite space: a cocoon just for them, where they feel safe to express their emotions and flourish fully.



Cozy Corner & FINDING CALM

by Louise la Puericultrice



ATTACHEMENT & separation anxiety

by Louise la Puericultrice

ATTACHMENT & SEPARATION ANXIETY

Thanks to the 6 phases of attachment, gradually free your child from the separation anxiety that hold them back. This kit contains the tools you need to strengthen his feeling of security even when apart, and build a strong bond together.

BY LOUISE.LAPUERICULTRICE

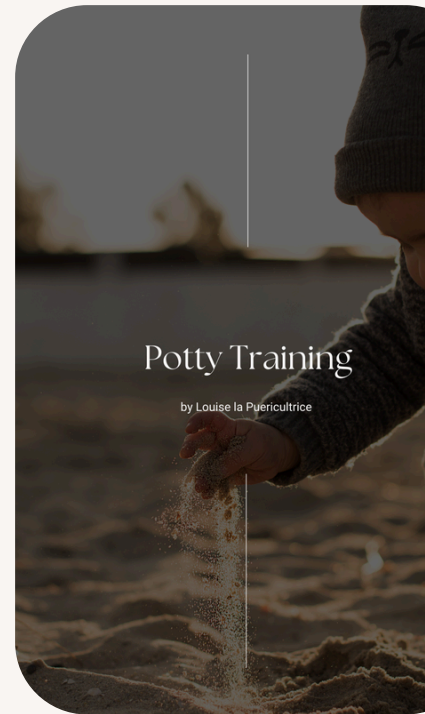


ALL ABOUT BITING AND HITTING

Everything they don't tell you about children who bite. Learn what is really happening: neither attention-seeking behavior, nor pathological aggression, and even less acting up. Discover all the keys to understanding their needs and guiding them towards appropriate behaviors.

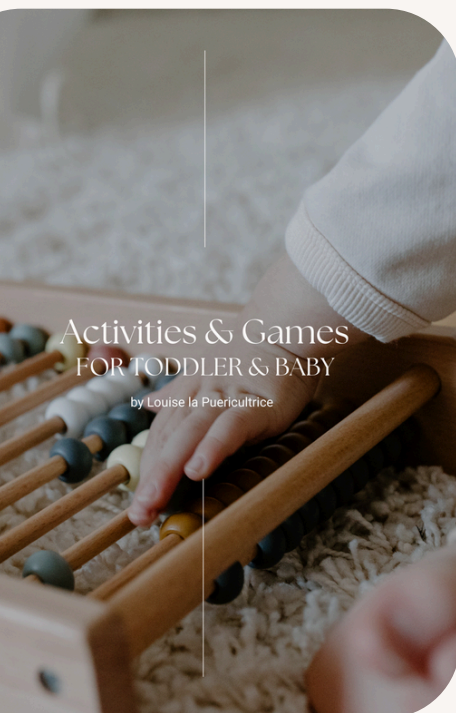
POTTY TRAINING

Help your child master body control in 4 key steps. Encourage each step with kindness to strengthen their autonomy and self-esteem during this learning.



ACTIVITIES & GAMES for baby & toddler

A catalog full of playful activities hidden in your daily routine that will amuse your child while supporting their motor, emotional, social, and language development—without you even realizing it.



BY LOUISE.LAPUERICULTRICE

EMOTIONS TRANSLATOR

Discover what lies behind each emotions, and the support language that resonates the most with your child. This kit guides you with advice and examples of things to say to help your child welcome and process their feelings.



Emotions
TRANSLATOR
by Louise la Puericultrice



NURSERY: THIS NEW CHAPTER

A guide to welcoming this new chapter with confidence and compassion. Through practical advice and encouragement, let yourself be guided to fully experience this new stage in your life as a parent.

TODDLER + NEWBORN

Prepare your child for the arrival of the baby, without him feeling left out. This kit guides you to reassure the eldest, encourage a new bond between him and you, and everything you need to make way for a magical meeting between your two children.



Toddler + *Newborn*
THE FAMILY IS GROWING

by Louise la Puericultrice

Thalasso Baby Bath

also called Bain de Sonia®

from 0 to 5 weeks

Whether it's to ease tensions from a complicated birth or simply to provide a gentle transition from womb to world for your newborn, the therapeutic bath is the nurturing care for every baby.



SERVICE LIST



5 WEEKS SLEEP SUPPORT

5 Sleep Consultations

Includes:

- 1 initial Call (15 min)
- 3 Face-to-Face Consult
- 2 Call Check-up
- 5 WA weeks support
- Printed Workbook with
 - Sleep Agenda
 - Sleep Biology
- +20 Tips & Guides

£480



DECLUTTER YOUR MIND

1h home visit or Call

Because sometimes all you need is 1 hour, with someone who knows you, to analyze what's happening with your child's sleep, declutter your mind and help you find clarity again.

£90



1:1 MEMBERSHIP

Monthly Close Follow up, to support you through your family journey.

Our special rdv for your monthly mini-consultation together with kit full of exercices and guide carefully selected for you and delivered in a paper format to your home

subscription



THALASSO BABY BATH

A special moment, out of time.

Through this very first bath, with your eyes on your baby. Witnessing your baby sharing his memories of pregnancy and birth. Discover how unique they are.

£180