

Early Parenting Consultant



About Natalie Hall

Natalie Hall is an experienced Early Childhood Professional with 25 years experience as a baby and toddler sleep consultant. As a trained Circle of Security Facilitator, Nat is qualified to support parents with solutions to toddler and pre-schooler attachment and behavioural challenges.

With 13 years Melbourne Sleep School experience, Sleep My Little Bub is a trusted source of early parenting education and support.



In-Home Support and Workshops for Parents & Professionals

Nat offers friendly and relaxed workshops for parents of children aged 0-6 and for health professionals. Two hour workshops can be held in your home, your office, Childcare Centres and other community settings.

Workshops cover and In-Home Support Consultations cover :

- ▶ How do I encourage my baby or toddler to sleep independently?
- ▶ How do I learn to read my child's cues?
- ▶ How can I encourage positive behaviour?
- ▶ What is the Circle of Security and how does it help?
- ▶ How does play help you connect with your child?
- ▶ How can my family experience peaceful meal times?
- ▶ What are some successful baby, toddler and pre-schooler sleep and behaviour strategies?
- ▶ How do I look after my well-being and mental-health?

Workshop participants also receive take-away resources, a friendly QnA session and follow up support to build confidence and skills.



Contact Sleep My Little Bub

For more information contact Natalie Hall on natalie@sleepmylittlebub.com.au or 0428 08 baby (2229). You can also follow the link to fill in your details and your parenting concerns on our website so we can support your individual needs at www.sleepmylittlebub.com.au. Follow Sleep My Little Bub on Facebook & Instagram

