



**Feel free to use the below copy to invite people to apply for your help. You can also use your own copy if you would prefer.**

**Don't forget to include a link to your application form!**

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Hello, I'm xxxx and I am looking to work with 5 families for free as part of my final assessment to become a Certified Infant Sleep Coach. If you or anyone you know has a 0-7 year old and is looking for sleep support, I would love to help! 🎉

My focus is on gentle, age appropriate sleep support that takes into account your child's personality and temperament.

The support includes:

- Sleep analysis and questionnaire prior to our meeting
- 60-90 minute virtual consultation
- Fully personalised sleep plan
- 3 Weeks of daily app support (Monday to Friday)
- 3 x 20-minute phone calls in the weeks following the initial meeting

I really look forward to helping you and your little one get some more sleep soon!