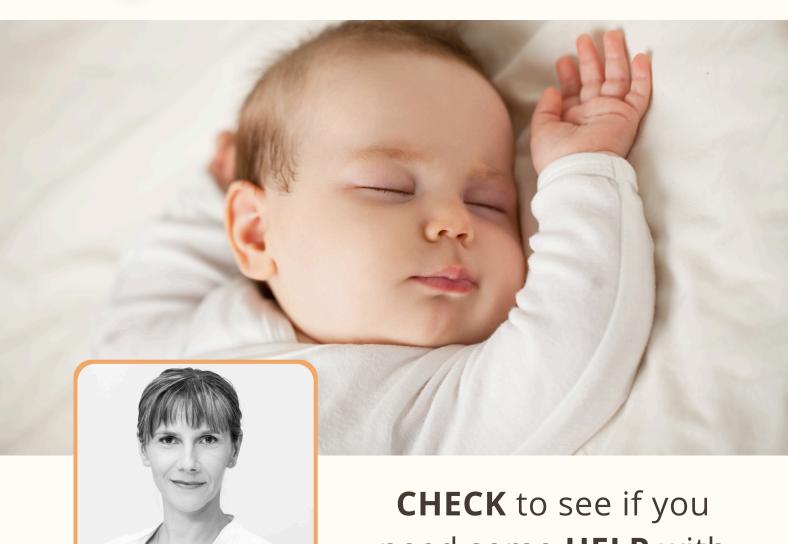
HAPPY BABY SCHLAF

Baby Sleep Check



check to see if you need some HELP with your BABY'S SLEEP.

Carmen Liebeft
-BABY SLEEP COACH-



Melcome!

Hi, I'm Carmen Liebert, a certified baby & toddler sleep consultant, mother of two kids, with more than four years experience in the field of baby sleep coaching.

I am here to help overtired parents and their babies get their sleep back by guiding them on a holistic sleep coaching journey.

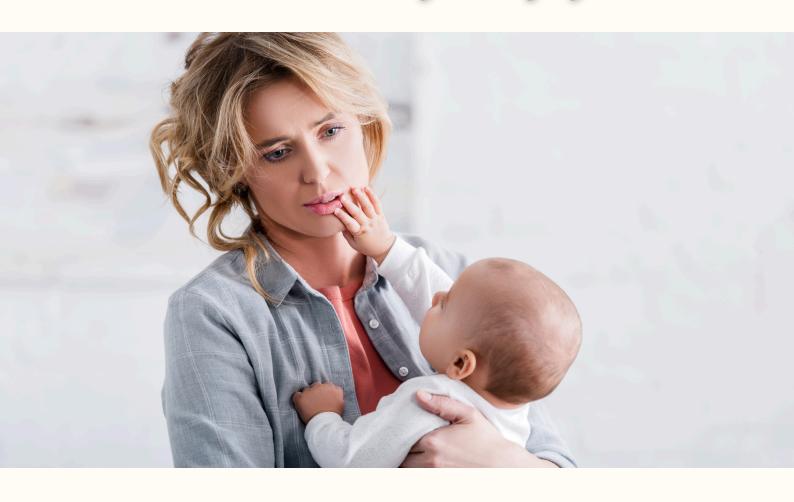
I am committed to supporting families raise healthy, strong & well-rested babies towards a better world which can overcome a sleep deprivation pandemic too.

happybabyschlaf.com



Is your baby sleep on track?

SLEEP DEPRIVATION can cloud everything: your patience, your focus, even your joy.



This **SIMPLE CHECKLIST** will help you spot if your baby's sleep needs extra **HELP**!

Baby Sleep Check

ROUTINE

- ☐ My baby naps at roughly the same times each day
- ☐ We follow a consistent bedtime routine every evening
- □ My baby's bedtime is between 6:30 PM and 7:00 PM

NIGHT SLEEP

- ☐ My baby falls asleep within 15–30 minutes
- □ My baby wakes up no more than 1–2 times per night
- ☐ My baby can fall asleep (or back to sleep) with minimal help

DAYTIME SLEEP

- □ My baby gets at least 2–3 hours of total daytime sleep
- □ My baby doesn't nap too late in the afternoon
- ☐ We avoid screen time and sugar before naps

WELL-BEING

- □ My baby wakes up happy and alert
- □ I feel mostly rested and not dreading bedtime
- ☐ We have time for connection during the day, not during the night

Scored 4 or more "No"s?

Don't worry! it doesn't mean you're doing anything wrong. It means there's room for support and it's **OKAY to ASK for HELP**.



BOOK A FREE DISCOVERY CALL!

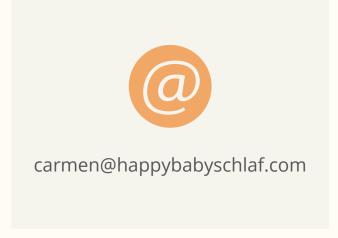
LET'S CONNECT

Share your results with me so we can try to find a **Baby Sleep Solution** together!













*Carmen Liebert is not a physician or psychologist and cannot guarantee successful results with sleep coaching if a child has an illness or disorder.