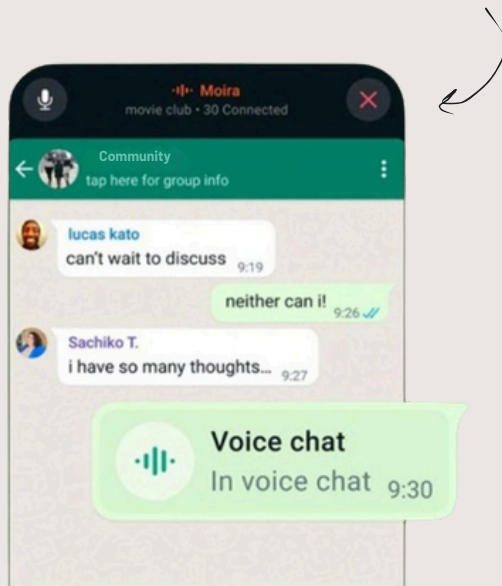


YOU'LL BE ENTERING THIS
Community

*Hoping you'll find a bit of your
people within my people*

by Louise. la puericultrice

WHAT I HOPE YOU'LL FIND IN THIS *Community*



In this WhatsApp group, we are not gonna try to fix your child's sleep.

Instead, this group will be filled with opportunities to meet your child as they are — how we can see & bring their own kind of beauty into our world.

There will be opportunities to bring our attention back to the things they do, the things they show us, the things we sometimes didn't even know they were capable of. ✨

I'm here to explore this with you, through the lens of the whole ecosystem that comes with sleep.

Games. Exercises. Scripts. Answers. Collective events.

This group is where we're going to make your family enjoy life to the fullest. ❤️

And hopefully, keep the baby fever alive for as long as we can. 🙌

Skip the intro →

*If you don't have time to read
you can click on "Skip the intro"*

Sense of Belonging

THE VISION I HAVE FOR THIS GROUP



[you]

[you]

[me]

WHAT I WANT FOR THIS GROUP IS

For you to be surrounded by your people.

- To find them, maybe through this group
- To be able to get back to your people (either they're your friends, your hairdresser & favorite barista, your family, or your colleague at work)

I want you to feel you can afford and have the resources to go live your life with them & enjoy!



WHAT I WANT FOR THIS GROUP IS

For you to not fear your child's fuss, but

- To feel confident you'll always find a way to ride them out, if (eventually) they happen
- To find creativity (& maybe playfulness) in this wide & rich repertoire of methods,
- I want us to co-create together, with other parent's brilliant ideas

I want you to build that faith and confidence that, no matter what happens, the fear of the fuss becomes so small that it no longer holds you back from doing the things you'd love to do!



WHAT I WANT FOR THIS GROUP IS

For you to take the focus off sleep

I don't want this group to become another Baby Sleep space, stacking one more thing onto your already long parenting to-do list. On the contrary, I want,

- To take the focus off sleep enough for you to get back to where the fun is : discovering & unfolding who your child is.
- Building enjoyable days around your (the parent) life & hobbies, bringing baby along

Basically, I want to nurture a Togetherness Culture around you. Offering everybody space to enjoy their needs being fulfilled.

For both You & Baby ❤️



My take, in all of this

When I check in with you, I want to know:

- Do you see your people?
- Do you have enough resources when things get difficult with your child?
- Is sleep still a topic that brings tension into your family and your life?
- And what have you learned about your child, yourself, & people around you, that helps you get back to enjoying your life together?
- Also ! Do you have your fair share of fun?



My take, in all of this

**That is the responsibility I am taking for the group.
The things I will keep myself accountable for. For you**

And because I want us to be active and not passive in this group,
I'm gonna give you a little something that is aiming to give you
— to help you find — a role in this community.

An angle. An opinion. A strength you have.
Something you'll be given the responsibility
to advocate for, in the group.

The role you'll play in this community.
The piece of support you'll accept to offer,
and show accountability for.

ACCOUNTABILITY &
ADVOCATE RESPONSIBILITY

the Role you'll play

the 3 Personality test →

THE ROLE YOU'LL PLAY

the 3 Personality tests

Pick one or multiple personality tests, of your choice. Complete them & send them back to me. You'll be given the result & asked to choose which part of your strengths you'll take responsibility for carrying, for the sake of the richness, acceptance, and together-living feeling of our group.

if you don't have time, bc it'll be covered during the Welcome Live

my Personal favorite

Amazingly interesting!

CRAFT Method
To calm a meltdown whatever the age— Baby edition

C	CALM	Provide cues that will help diffuse for your baby to find calm on their own. They will need to become aware of your presence and let your baby follow your soothing rhythm.
R	REDIRECT ATTENTION	Your baby is overwhelmed. Too many things are happening at once. Redirect them to something they can focus on. This could be a simple object, a sound, or a gentle touch. Redirecting your baby's focus will help greatly.
A	ACKNOWLEDGE	Talk to your baby. Put words to what is happening for them. Show them that you understand and what makes them sad, crying, or angry. You can help your baby feel better by acknowledging their feelings and letting them know that you are there for them. It could also help them to know that you can reduce crying by not be with and hold them when they need.
F	FACILITATE	Help your baby adjust to new experiences. Since babies and toddlers have a hard time with change, help them feel safe and secure. Use simple words and actions to help them feel better. You can help your baby feel better by not be with and hold them when they need.
T	TEACH	Your baby is amazing. They are born with skills that don't have to be learned. Help them to learn. Our role is simply to support their growing independence and help them to learn. You can help your baby to learn by not be with and hold them when they need.

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5 Languages of Support. Which one is your?

– Introduced during the **Welcome Live**

What's your Super Power?

This test will help you better understand your parenting style and strengths that comes with it, by answering a series of questions. Each of these questions will guide you in discovering what type of resource you bring to your child and family based on your dominant responses.

Questions:

- Your child falls and hurts himself. What do you do first?**
A. I take him in my arms to console him.
B. I assess the situation, monitoring during the day. I give a quick text to my Paediatrician friend.
C. I will teach him how to pay more attention next time.
- What is your favourite quality time with your child?**
A. Playing games together.
B. Reading stories.
C. Showing them how we love dancing with his mum.
- Your kid is upset and frustrated with a toy. What do you do?**
A. I would sit with him, ask what's wrong and offer to play together.
B. I would help him find a solution and teach him patience and problem-solving.
C. I would talk about their feeling, sharing that I can feel frustrated too sometimes and offer emotional support.
- What makes you most proud as a father?**
A. My child's progress and achievements.
B. Being able to provide for my family.
C. I like to hear that my child seems happy and well.
- How do you react when your child disagrees?**
A. I will help my kid to understand the repercussions of his actions.
B. I share the story with a friend or colleague to seek advice or another point of view.
C. I discuss with the other parent to decide on a common approach.
- Your child has trouble falling asleep. What are you doing?**
A. I rock him in my arms.
B. I make sure I take time to add a massage to our routine, to help him relax.
C. I take advantage of my train journey to Google about to his sleeping problems.
- Complete this statement: When days get tough, I hold onto the fact that regardless of the circumstances, I remain a dedicated and loving father because:**
A. I take my kid to discover new things.
B. I take care of his daily needs.
C. I create a stable environment at home.

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What's your Superpower

– 14 questions long

What's Baby's Temperament

On the nine traits listed below, tick the box that best corresponds to each statement.

← closest to this statement neutral closest to that statement →

Example: ☐ ☐ ☐ ☐

Loves being active (running, jumping, rolling over)	↔	Enjoys quiet time with minimal noise and movement
Activity Level	☐ ☐ ☐ ☐	
Very distracted by discomfort, noticing even small signs of discomfort	↔	Can handle discomfort, does not seem very bothered at all
Distractibility	☐ ☐ ☐ ☐	
Feels deeply their emotions and expresses them strongly	↔	Likely to be modest or reserved about its emotions
Intensity	☐ ☐ ☐ ☐	
Is quite predictable, their body follows a strong pattern (meals and sleep at set times)	↔	Has a very changeable pattern. Can easily eat and sleep at any time
Regularity	☐ ☐ ☐ ☐	

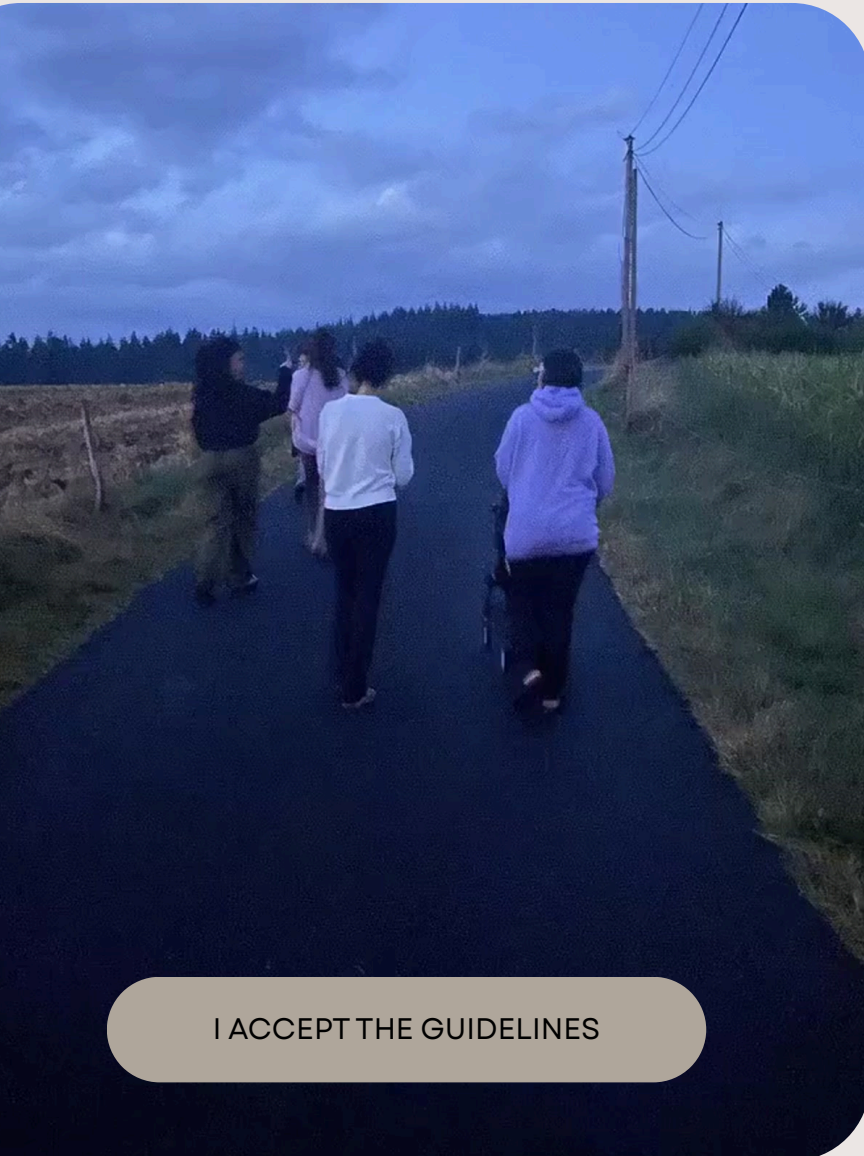
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Temperament Matching

– the in-depth one (results delivered within 48h notice)

BEFORE YOU ENTER THE GROUP

Guideline for all of Us



I ACCEPT THE GUIDELINES

- **Unconditional Respect**

No judgments. Please speak only for yourself using "I" statements. Share your own feelings and experiences rather than talking about others.

- **Kindness & Positive Attitude**

Be supportive of others' ideas and emotions, including your own. Remember that everyone has their own strengths and abilities.

- **Respect Speaking Time**

During live sessions, everyone should have a chance to speak. Please make sure you don't dominate the conversation.

- **Active Participation**

Take part in ways that work for you - you don't have to speak a lot to be actively involved. Change happens when everyone puts in effort and contributes to the group.

- **Confidentiality**

What's shared in the group stays in the group, almost like professional-level confidentiality. Please avoid sharing details such as home address, nursery/school details, or your workplace.

Welcome Live

*there will be a Welcome live to greet
the new members of the group*

A little tour of the what-app group & what it is for:

Introduction of the group (with the direction we're gonna take)

the 3 Dimensions, sleep consultants don't usually cover, but here we will

What are the group guidelines (so everyone can feel safe)

5 Languages of Support test– (for those who didn't have
time to do any of the personality tests)

+ time for a FAQ Session

JOIN THE GROUP