



Mother In Touch  
BABY SLEEP CONSULTANT, MELBOURNE

Book a Meeting

# Mother In Touch - Perfect Place for Toddler Sleep Consultation



Bedtime battles and restless nights? It's time to reclaim your sanity and help your little one drift off to dreamland with ease. Mother In Touch, your trusted **toddler sleep consultant**, is here to guide you every step of the way.

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[www.motherintouch.com.au](http://www.motherintouch.com.au)



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With our expertise and personalised approach, we'll help you:

- Establish a consistent and effective bedtime routine
- Identify and address any sleep challenges specific to your toddler
- Create a soothing sleep environment that promotes relaxation
- Implement proven strategies for gentle, tear-free sleep training
- Provide ongoing support and encouragement throughout your journey

As a special offer, we're providing:

- 15 free chat consultations to discuss your toddler's sleep needs
- Phone consultations to provide personalised advice and answer your questions
- In-home visits during the day or at bedtime to observe and offer hands-on guidance

Don't spend another night feeling exhausted and overwhelmed. Let Mother In Touch be your partner in transforming your toddler's sleep habits.

**Contact us** today at to schedule your free consultation and take the first step towards a well-rested household.

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