

A man with dark hair and a beard, wearing a dark blue button-down shirt, is sitting on a light-colored sofa. He is leaning forward, looking at a young girl with blonde hair in pigtails. The girl is wearing a light green shirt with a pattern and is pointing her right index finger towards the man's nose. The background is a plain, light-colored wall. A pink knitted blanket is draped over the sofa in the foreground.

Questions Dads Ask About Working With Me

and my replies!

After working with hundreds of families, I've heard parents ask me LOTS of questions. These are the most frequently asked Dad questions I receive. I love talking through these questions with them, and then turning them into sleep believers!!

Sweet Dreams,

Becca Campbell

Your Pediatric Sleep Consultant

"Let's try one more thing on our own..."

Great! I am so glad you are dedicated to helping your child. So what's your plan? What are you going to do? An action plan is the only way to implement and measure results. Remember, "Cry It Out" is not an action plan, and I talk all about this in *Episode #4 - How Long Do I Let My Baby Cry?*

"This is just a phase. We'll wait it out."

What most people do is sit back and wait. If you really want to not be tired anymore, get a full night's sleep, to have your evenings free with your spouse for dinner and a movie, you have to change things.

Even regressions only last about two weeks, and I talked about these in *Episode #7 - What Just Happened?!* Things don't magically change to reverse the habits you have built. Waiting is waiting, but making changes will make a difference.

"Why do we need someone to help us get our child to sleep?"

Have you ever started your car to find the "Check Engine" light on? What do you do? Take it to a mechanic. Have you ever realized it's time for a haircut? What do you do? Go to the barber. Has your wife ever worked with a lactation consultant, dietician, or therapist? Have you ever looked back at all the things you bought for your child: a crib, pack-n-play, carseat, monitor, furniture, bottles, swaddles.... And for a fraction of the cost you can work with someone on how to use them all!

"What if this doesn't work?"

I have worked with hundreds of families and offer support that ranges from a 'Do-It-Yourself' preference to holding your hand every step of the way. This is no different than personal training at the gym. If you follow through, and you stick with the plan, you will see change and in most cases by Night 3! And don't worry, I am with you to reach our goals together. You can also see some of the things my clients try to hide from me that prevents you from seeing the success you want to see on *Episode #2 - Ten Things My Clients Try To Hide*

"What can I expect?"

You can't expect what you don't express. I work with families to set goals and objectives together. A newborn should have solid routines and expectations set, a baby should be sleeping 11-12 hours each night, and a toddler 10-12 hours each night uninterrupted. Naps should also be quality and consistent depending on the age. You should expect as a parent and career professional to be your best and not be tired anymore.

"What makes this different from reading a book or getting advice from others?"

Every child is different. There is no 'One-Size-Fits-All' answer that works for every family. I get to know your child and situation to develop a package and approach that will get you results. Even better, I am there to help make course corrections along the way! The worst thing you can do is copy what other people do. It's exhausting to compare your family to others, and it can become a real challenge in your relationships. Your baby didn't come with a manual, but I'm here to offer you the chapter on sleep. If you have a consistent plan that works, then you can eventually be flexible and enjoy a night out every now and then! *Episode #5 - Bending the Rules To Enjoy a Night Out*

"Is there a money back guarantee?"

I guarantee to give you a plan, support, and the tools you need to get your sleep back! The money you were spending on props, products, and books can now be spent doing the things you love with the people you love! Because I work with a limited number of clients each month, I guarantee to fully invest in your success. We will work to resolve your child's exhausting sleep habits so you can look forward to bedtime, just like I have with hundreds of Little Z's clients.

"Becca, what are your credentials?"

I have degrees in teaching including a Master's in the Art of Teaching, years being around elementary students and young families, a certified Sleep Sense consultant, a member of the Association of Pediatric Sleep Consultants, and have helped hundreds of families resolve their child's exhausting sleep habits. Personally, I have two daughters who have been sleeping 12 hours since they were 4 months old (now 2 years+!).

"Are you the only sleep consultant out there? Why work with you?"

There are many sleep consultants out there! I would encourage you to find someone who fits your parenting style and someone you really click with. After all, we are going to dig DEEP into your family's habits and expectations...you're inviting me to be a part of your family! Want to know more about me? Watch this video to learn about the process or read more [here](#).

"Can my wife do this on her own?"

One of the first things you will hear from me is the importance of getting Dad involved! No, you can't breast-feed or comfort baby only the way mom can, but work with me and I will show you the powerful ways dad can make a difference.

"Have you worked with a child like mine?"

Every family I work with is personal and tailored to meet your family. I'm not a book, I'm a person who can talk with you, work with you, and point you in the right direction for you.

"How long will this take?"

Consulting packages last an average of 2-3 weeks depending on the age. Support options are available through the VIP Sleep Club monthly membership. While our service contract may end, I will work with you until we reach our goals because every child is different!

"What's the next step?"

Choose your package! Newborn Course? One-On-One? Select your package and we'll begin! **Let's get started!!!**

Ready for more?

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