



the **Doctor** is ...



The
babysleep
D o c t o r

A healthy sleeping baby is key to a flourishing family. Our sleep strategy combines medical research with practical routines which assist parents achieve optimum sleep, feeding, growth and happiness in babies and children.

book an online consultation now

w: www.thebabysleepdoctor.com.au

f: www.facebook.com/thebabysleepdoctor



Dr Brian Symon is The Babysleep Doctor. He has more than 30 years' experience working with parents and babies experiencing sleep, feeding, growth and/or behavioural issues. He is a specialist medical practitioner with a MD (PhD) in infant sleep. Dr Symon is well published in national and international medical and research journals having researched infant sleep problems throughout his medical career. He is the author of *Silent Nights, Overcoming Sleep Problems in Babies and Children* and has another book due for release in early 2015.

“Women report an 85% reduction in maternal depression after the first visit,” Dr Brian Symon, BMJ.

about us

The babysleep D o c t o r

The Babysleep Doctor strategy aims to ensure that women and families experience the joy of parenting and attain a life balance, whereby there is an appropriate allocation of time for the family, other children, partner and sleep.

Baby wellbeing is inextricably linked to a mothers' wellbeing. A well informed, confident, happy and well rested mother is better able to care for her baby and wakes in the morning genuinely enthusiastic about looking after her baby.

The Babysleep Doctor strategy works with both the mother and the baby and uses a tailored approach to dealing with sleep, feeding and/or growth issues so that all families can experience the joys of parenting.

The Babysleep Doctor's **objectives** are to:

- Promote infant and family wellbeing
- Work with infants and mothers where there are sleep, feeding and/or growth issues and to provide mothers with the tools to resolve issues
- Ensure families nationally and internationally can access our services
- Generate broad acknowledgement that women have a range of options in relation to infant wellbeing and health
- Advance research on infant sleep, feeding and/or growth issues.

Mission

To ensure that women and families experience the joy of parenting and attain a life balance, whereby there is an appropriate allocation of time for the baby, other children, partner and sleep.

“There is no increase in crying using this strategy ... in fact, we aim to eliminate unnecessary crying altogether.”

Dr Brian Symon, The Babysleep Doctor.

If you are experiencing ...

- Feeling exhausted or frustrated
- Not enjoying motherhood
- You lack confidence in your abilities
- Something doesn't feel right
- “This is not what I expected”
- Your baby catnaps/does not sleep through the night
- Your baby wakes frequently
- You can't wait for baby's bedtime
- Your baby only falls asleep in your bed/arms or you have to rock/pat your baby to sleep
- Your baby stops crying when he/she is picked up
- Your relationships are becoming strained
- You are finding breastfeeding difficult
- You feel like you have no control
- You are emotional and 'small issues' make you tearful

Many new mothers report that having a new baby is not easy and they are exhausted, stressed, lack confidence and feel lost. The Babysleep Doctor strategy can work for you.

One of the points of difference with The Babysleep Doctor strategy is that we aim to work with women before problems arise, before the baby is even born. Having the knowledge and skills to prevent problems and tackle issues if they arise in the early weeks after giving birth ensures both mother and baby prosper. We consult with new mothers any time from between 36-38 weeks' pregnant to well after the baby's birth.

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