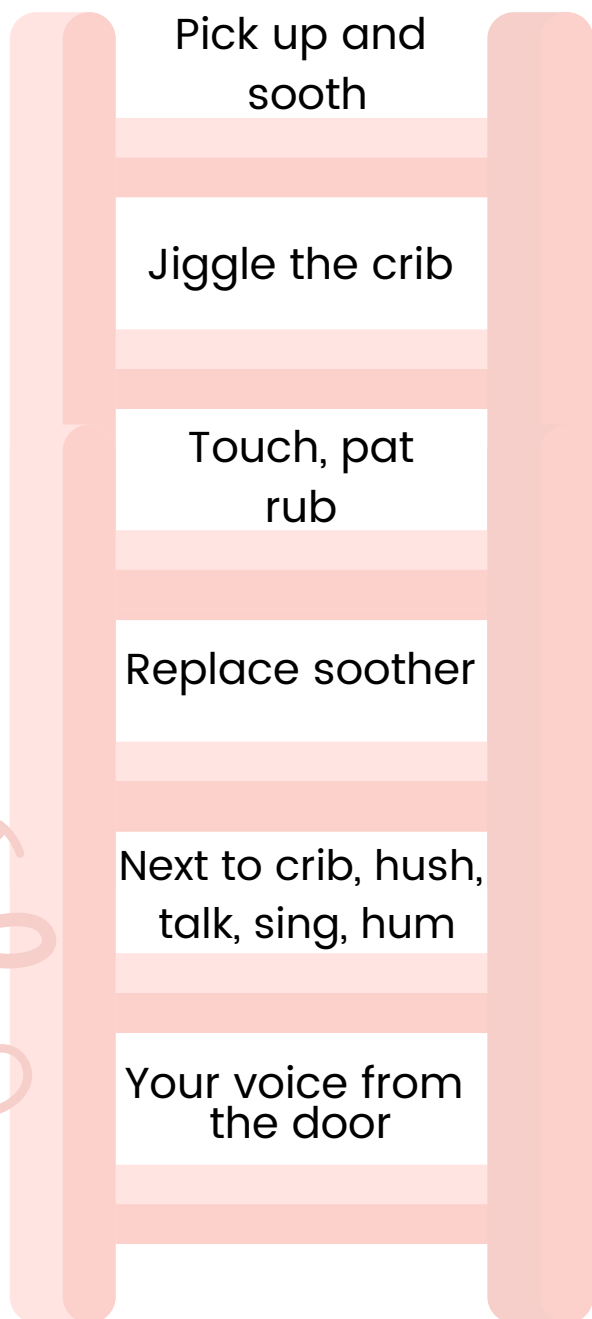
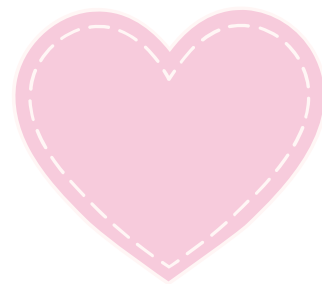


# The Soothing Ladder



Offering the soothing ladder gives baby your soothing presence and comfort, while still giving them space to work on their soothing skills and learning to fall asleep independently

With each visit, move one step up the soothing ladder



Offer your soothing method for 1 minute, then leave the room and give baby some space to work on falling asleep (for as long as you're comfortable)



Jolly Good Sleep

PEDIATRIC SLEEP CONSULTING