



4 days ago

Kelsey seriously changed our lives. From lap naps and broken sleep to life back. She was clear, kind and supportive. Thank you, Kelsey!



a month ago

Our family has had a wonderful experience with Kelsey, and we would highly recommend her! As a result of her coaching, we met our sleep goals and saw dramatic improvements in 10 days that have become our new norm. Kelsey is incredibly responsive and informative. Give yourself and your family a gift - work with her!



5 days ago

NEW

Kelsey has been a dear friend for years, so you would think I would have hired her sooner. And I should have! But, I was worried about all our bad habits - binky at age 4, sleep aids like melatonin and magnesium, letting my daughter sleep in our bed during awakenings, etc. Kelsey was great and I felt no judgement when I talked through all our bad habits. She gives sound advice, is patient, and tailors a sleep plan that will work specifically for your child and you! What a relief! Our nest is now rested because of Kelsey and we are so very grateful!