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Andrea Grace the gentle sleep solution – SnoozeShade

Andrea Grace – The Gentle Sleep Solution. Andrea is a trained health visitor and baby sleep guru who offers a personalised sleep training service, either in person, by telephone or Skype (she has also written a book to help parents teach themselves her solution).

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Does your baby have trouble sleeping? You're not alone. Designed specifically for the very many parents encountering the same issues as you, this practical, no nonsense book gives you the insights, tools and strategies to help your baby get the rest they need however difficult the challenge.

My Sleep Packages – Andrea Grace

With the exception of the One Off Consultation, all of the above packages come with a complimentary copy of my book Andrea Grace's Gentle Sleep Solutions.

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