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THE ONLY THING  
WORTH STEALING  
IS A KISS FROM A  
SLEEPING CHILD...



DRIVE  
CLINICAL COUNSELLING  
& CONSULTING



## HELLO! I'M ALYSSA MARRELLO

I'm a Certified Sleep Sense™ Consultant and my passion is helping families get their babies and toddlers sleeping through the night. Instead of using a "cookie cutter" approach, my unique system lets us work together to find the method best suited to YOUR child's sleep habits and unique personality.

Wondering if this is right for you? I offer a complimentary 15-minute telephone consultation where we can talk a little bit about your child's situation and discuss some solutions!

You can reach me by emailing [drivecounselling@gmail.com](mailto:drivecounselling@gmail.com) or by visiting my website at [www.drivecounselling.com](http://www.drivecounselling.com).

I look forward to helping!

## GET IN TOUCH

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DRIVE  
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# Teach Your BABY to SLEEP through the NIGHT

[www.drivecounselling.com](http://www.drivecounselling.com)



## THE 5 MOST COMMON SLEEP CHALLENGES

Your baby will only fall asleep while being fed, and wants to feed at different times throughout the night.

Your little one needs some kind of motion (rocking, bouncing, swinging) in order to fall asleep at bedtime.

Your child falls asleep fairly well at bedtime, but wakes frequently throughout the night and needs you to “soothe” them back to sleep.

Your baby seems to have days and nights confused. Sleeps well during the day, but awake and energetic at night.

Your child sleeps well at night, but has difficulty napping. May take forever to fall asleep for naps, but then wakes after 20 or 30 minutes.

Sound familiar? I've helped families just like yours solve all of these common sleep challenges... and many more! Reach out to me at [drivecounselling@gmail.com](mailto:drivecounselling@gmail.com) or [www.drivecounselling.com](http://www.drivecounselling.com) to schedule your complimentary 15-minute sleep consultation.

## MY SLEEP PHILOSOPHY

### SLEEP IS HAPPINESS

There is a defined link between chronic sleep deprivation and postpartum depression or “the baby blues.” Most mothers report a dramatic improvement in their moods (and their baby's!) once the family is sleeping well.

### SLEEP IS PERSONAL

Your baby has unique sleep habits and a unique personality. You have your own parenting style. The “magic” happens when we create an approach that's right for your baby and that you can feel good about as a parent.

### SLEEP IS HEALTH

Study after study has shown that a good night's sleep is just as important for your baby as proper nutrition. We'd never raise our children on a diet of junk food, nor should we raise them on “junk sleep.”

### SLEEP IS SERIOUS

While most sleep coaches are “self-taught” or have taken a cheap online class, I've invested heavily in my career as a sleep professional. I've trained under one of the most well-respected experts in the field, and am proud to be a Certified Sleep Sense™ Consultant.