


Words by Trish Dromey

# Sweet Dreams

A sleepless child can be the most distressing aspect of parenthood, but Gentle Sleep Coaching, new to Ireland, aims to offer guidance



**H**ELP IS AT hand for the frazzled, sleep-deprived parents of babies who cry throughout the night. It comes in the form of Lucy Wolfe who is now offering her services as a "Gentle Sleep Coach". Sleep coaching for babies has

been big in the US for the past 10 years and it's now catching on in the UK, says Wolfe, a Cork auctioneer who now has a certificate in sleep training from Reading University as well as certification from the US in Gentle Sleep coaching.

One traditional theory was to let babies cry in order to teach them to

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