



# Sasha Carr, PhD

**Consulting and Professional Development Services  
for Schools and Child Care Centers**

**Dr. Sasha Carr is a psychologist, certified sleep coach and mom** who specializes in helping children get their sleep back on track. Dr. Carr serves on the faculty of the Family Sleep Institute and partners with several large pediatric physician practices to help give the gift of sleep to thousands of tired families. Sasha speaks regularly at schools and other organizations on healthy baby and child sleep.

## **Organizational Consulting and Professional Development**

Are sleep issues a challenge for your organization? Are you concerned about the well-being of children in your care due to potential sleep problems? Is it tricky to navigate "naptime politics", trying to balance conflicting needs or requests from parents and staff? Would you like to get everyone on the same page when it comes to sleep?

### **Dr. Carr can help your organization by:**

- \* **Evaluating nap practices** at your facility in order to make improvements.
- \* **Educating parents and staff** on the how's, when's and why's of healthy sleep for children.
- \* **Giving tools to staff and parents** to help them effectively manage children's sleep with a minimum of stress.
- \* **Working with you** to develop a clear nap policy based on research as well as practical experience with what actually works.
- \* **Providing professional development** and parent education via in-person workshops and/or webinars tailored to your organization's needs.

**Fees begin at \$1500**

**Contact us to receive a  
detailed proposal and  
estimate**

**Looking for a simple talk  
or workshop? Enquire  
about our speaking  
services.**

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