

# Baby Sleep Advice Marks 15 Years of Pioneering Truly-No-Tears Infant Sleep Solutions

*Empowering Parents, Nurturing Babies: a Celebration of Truly Gentle Sleep Parenting*

UNITED STATES, September 28, 2023 /EINPresswire.com/ -- Baby Sleep Advice, a small woman-owned company dedicated to helping babies and their parents achieve restful sleep, proudly marks its 15th anniversary this year. Founded in 2008, Baby Sleep Advice has been on a relentless mission to transform the lives of young families worldwide by providing a unique and effective approach to infant sleep.

From humble beginnings to becoming a global player in pediatric sleep guidance, Baby Sleep Advice has remained steadfast in its commitment to improving the quality of life for babies and their parents. This milestone anniversary is a testament to the company's unwavering dedication to its mission.

## A Unique Approach to Infant Sleep

What sets Baby Sleep Advice apart from the rest is its one-of-a-kind approach to solving the challenge of troubled infant sleep. While many sleep solutions in the market claim to be gentle, they often advise parents to let their baby cry it out after all if initial strategies fail. In contrast, Baby Sleep Advice effectively commits to an [effective truly-no-tears approach](#), working closely with parents to develop personalized sleep plans that respect the individual needs of each baby and their family, resulting in healthier sleep patterns and improved sleeping skills that last.



Founder and CEO, Heidi Holvoet, PhD, explains: "For 15 years, my mission has been to support families in their journey towards healthier sleep. So it's not only for their baby or toddler, but for the parents too. We believe that a sleep approach should nicely harmonize the needs of the baby and the parent while respecting the realities of modern life."

### Testimonials from Grateful Parents

Over the past 15 years, Baby Sleep Advice has helped thousands of families regain their sanity through its tailored sleep solutions. Here are a few heartwarming testimonials from parents who have experienced the transformative power of Baby Sleep Advice:



Baby Sleep Advice's founder, Heidi Holvoet

[Dana, mom to 12 month old boy]: "Heidi, I cannot tell you how relieving it was to find you and Baby Sleep Advice. Before, I've been made to feel guilty by [...], that what I did instinctively was wrong. Thanks to you I now feel understood, and truly helped. I finally don't feel alone for the first time since my son was born."

“

Our mission is to balance the needs of babies and parents within today's demanding society. Parents recognize the need for truly gentle yet effective methods that support both babies and themselves"

*Heidi Holvoet, founder of  
Baby Sleep Advice*

[Ella, mom to 6 month old girl]: "Baby Sleep Advice's programs and advice have been absolutely invaluable to us and have helped us to regain some sanity after months of sleep deprivation. Heidi is incredibly knowledgeable, supportive, caring and offers practical and accessible advice that really works and that puts the baby first. We are incredibly grateful to have found her and we are enjoying parenthood so much more now we are a bit more rested!"

These testimonials are just a glimpse of the countless

families whose lives have been positively impacted.

Founder's quote

"Our mission is to balance the needs of babies and parents within today's demanding society," says Heidi Holvoet. "Greater women empowerment over the years and society's expectations for early infant independence have led to often unrealistic pressures. In reality, babies need time to develop independent sleeping skills, as and when their ability and personality allows. The prevailing unrealistic expectations have fueled 'cry it out' sleep training. Parents now recognize the need for truly gentle yet effective methods that support both babies and themselves. That's our daily commitment at Baby Sleep Advice."

### About Heidi Holvoet and the Baby Sleep Advice team

Heidi Holvoet, the driving force behind Baby Sleep Advice, has been at the forefront of developing groundbreaking techniques and strategies that prioritize progressive learning as opposed to resorting to crying methods. Her unwavering dedication to finding truly gentle and truly effective solutions has revolutionized the way parents approach infant sleep. Baby Sleep Advice has evolved, now comprising a small team of baby sleep consultants who share their founder's commitment. The company and resources have also received multiple awards over the years.

In this way, Baby Sleep Advice has become a beacon of hope for families worldwide, offering a compassionate and scientifically sound path to improved sleep for babies that relentlessly also supports parent well-being. Through years of research and hands-on experience, Ms Holvoet has empowered parents to guide their babies toward healthier sleep patterns, ensuring that the journey is marked by understanding, patience, and love.

### Celebrating 15 Years and Looking Ahead

As Baby Sleep Advice celebrates its 15th anniversary, it looks forward to continuing its mission of helping families find the sleep they so desperately need. In addition, the company nurtures a supportive private online community named "Rested!" where parents can connect, share experiences, and access valuable resources to aid them on their journey to better sleep for their little ones. Baby Sleep Advice is also thrilled to announce upcoming education initiatives for baby care professionals, further enhancing the support network available to families.

The company's dedication to innovation and excellence ensures that parents around the world will continue to benefit from its unique approach to infant sleep for years to come.

For more information about Baby Sleep Advice and its mission, please [visit Baby Sleep Advice.com](#) or [contact Heidi Holvoet](#).

Founded in 2008, Baby Sleep Advice is a leading company in pediatric sleep guidance. With a mission to improve the lives of babies and their parents through compassionate and personalized truly-no-tears sleep solutions, Baby Sleep Advice has become a trusted resource for families worldwide.

Heidi Holvoet  
Baby Sleep Advice  
heidi@baby-sleep-advice.com

---

This press release can be viewed online at: <https://www.einpresswire.com/article/658442832>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.