

# New Gentle Sleep Method Uses Play to Improve Baby Sleep—Without Tears or Training

*Developed by sleep expert Heidi Holvoet, Play2Sleep offers a science-backed, connection-based approach to infant sleep challenges*

BRUSSELS, BELGIUM, May 26, 2025 /EINPresswire.com/ -- A playful breakthrough in infant sleep

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Tapping into a baby's natural ability to learn through fun, repetition, and connection, makes better sleep a natural outcome.”

*Heidi Holvoet, Founder of  
Baby Sleep Advice.com*

support is now freely available to exhausted parents everywhere. Heidi Holvoet, PhD, founder of Baby-Sleep-Advice.com, offers her original Play2Sleep© games as a free download. It's a collection of connection-based activities that improve baby sleep by reducing bedtime resistance, boosting confidence, and fostering independence.

Play therapy is common in pediatric psychological care, yet age-appropriate games for infants are still surprisingly

rare.

The Play2Sleep games are rooted in developmental science and over 17 years of hands-on experience helping families overcome sleep struggles without harsh training methods. Designed specifically for babies and toddlers, each game offers a fun, bonding moment that doubles as sleep support.

We know from developmental neuroscience that fun and repetition are the two keys to learning. With the premise that sleeping well is a skill to be learned for infants, these games work spectacularly well.

That's because they're designed specifically to practice concepts and skills necessary for optimal sleep, plus are fun and easy for parents to do often.

## What Are the Play2Sleep Games?

The Play2Sleep collection includes five simple yet powerful game sets that parents can try at

home:

**\* I Love My Crib!**

Gentle daytime games played near your baby's crib, bassinet, or bed to reduce sleep space anxiety and build calm, confident bedtime associations.

**\* Red Light, Green Light!**

Fun, progressive variations that help your baby or toddler learn to switch smoothly between high energy and calm rest—essential for winding down to sleep.

**\* Magic Touch**

Soothing, confidence-boosting bonding through gentle, responsive touch—adapted to your baby's individual needs and sensitivities.

**\* Yo-Yo Games**

Confidence-building in action! These powerful, progressive games support emotional security with positive impact on bedtimes and night wakings.

**\* Paci Games**

Support your baby in becoming more independent with the pacifier, using playful transitions that foster self-soothing at sleep time. This is the key game that helps parents avoid needing to tend to their baby tens of times a night to replace the pacifier.

Each game takes just a few minutes, requires no special equipment, and can be mastered by any caregiver. Each game set, complete with step-by-step instructions, is available from Baby-Sleep-Advice.com, which helps tens of thousands of sleep-deprived families sleep better each month.

## A Gentle Alternative to Sleep Training

Unlike traditional sleep training, Play2Sleep uses connection, playfulness, and trust-building to support natural sleep readiness. It's designed to be stress-free for parents and joyful for babies—a rare combination in the sleep advice world.

"This is about helping babies feel emotionally safe, confident, and having the settling skills needed at sleep moments," says Heidi Holvoet. "Tapping into a baby's natural ability to learn through fun, repetition, and connection, makes better sleep a natural outcome."

About Baby-Sleep-Advice.com

A vertical graphic for 'babysleepadvice PLAY2SLEEP'. At the top, the text 'babysleepadvice' is in blue, followed by 'PLAY2SLEEP' in large orange letters. Below this is the subtitle 'The Power of Play for Better Naps & Nights'. The graphic is divided into sections for five games: 1. 'I Love My Crib!' with a crib icon and text 'stop crib/bassinet/bed anxiety'. 2. 'Red Light/Green Light' with a traffic light icon and text 'practice switching between active & calm'. 3. 'Magic Touch' with a hand icon and text 'calmness creator and confidence booster'. 4. 'Yo-Yo Games' with a yo-yo icon and text 'confidence booster'. 5. 'Paci Games' with a pacifier icon and text 'independent sleep'. A quote from Anna J., mom to a 9-month-old baby girl, is included: 'We're seeing fewer wakings even from just playing the Yo-Yo and Paci games, amazing!'. At the bottom, a large orange banner says 'FREE TO DOWNLOAD' and 'The 5 Play2Sleep Games'.

Founded in 2008 by pediatric sleep authority Heidi Holvoet, Baby Sleep Advice.com provides medically reviewed, gentle sleep solutions to over one million parents annually. With a wealth of practical articles, group programs as well as 1:1 consults, the site champions truly-no-cry methods that respect both baby and family wellness.

### Get the Games

Parents, caregivers, and journalists can explore and [download the free Play2Sleep games](#).

For more information, high-resolution infographic, to collaborate or to request an interview with Heidi Holvoet, use the contact details below.

Heidi Holvoet

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