

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



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

babysleepadvice
PLAY2SLEEP
The Power of Play for Better Naps & Nights

I Love My Crib!
stop crib/bassinet/bed anxiety

Red Light/ Green Light
practice switching between active & calm

Magic Touch
calmness creator and confidence booster

Yo-Yo Games
confidence booster

Paci Games
independent sleep

"We're seeing fewer wakings even from just playing the Yo-Yo and Paci games, amazing!"
Anna J., mom to 9 month old baby girl

FREE TO DOWNLOAD
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

Heidi Holvoet | Baby Sleep Advice

+32 485 30 86 36

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/810342924>

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.

© 1995-2025 Newsmatics Inc. All Right Reserved.