



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

Gentle Touch Sleep Time

Media Kit



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

TABLE OF CONTENTS

Meet Your Sleep Consultant	2
Credentials	3
How it Works	4
Sleep Philosophy	5
Testimonials	6-7
In the News	8
Contact Me	9



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

Meet your Sleep Consultant - Arlene Fryling



Arlene Fryling is the founder of Gentle Touch Sleep Time. A Certified Sleep Consultant through the Family Sleep Institute, Arlene works with families across the United States to help babies sleep. Arlene provides education, intervention and support to tired and exhausted families.

Arlene uses her knowledge and experience to teach and empower families in setting healthy sleep habits in their children. She provides personal support to each family to achieve success with their sleep goals.



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

HER CREDENTIALS

Arlene is a **Registered Nurse** with experience caring for premature, ill and healthy babies. She has worked with babies in a neonatal unit and in pediatric homecare nursing. She cared for premature babies born as young as twenty-four weeks gestation, for babies with heart defects and breathing difficulties in her home.

Arlene is a **Certified Sleep Consultant** through the Family Sleep Institute. She has worked with exhausted families to help their babies sleep. She spends time with each family to understand their sleep goals and their parenting style. She then writes a specific plan to help them reach their goals and coaches them through the process to success.

Arlene is a **Certified Infant Massage Instructor** and has been teaching parents how to massage their babies for fifteen years. Massage strokes relieve gas pain which is very common in young babies. Massage helps babies sleep better and can reduce fussiness.

Arlene is a **Certified Baby Signs instructor** and has been teaching parents for over twelve years how to communicate with their child through the use of signs prior to their ability to talk.

Arlene has extensive experience **teaching classes to new parents** at a local hospital before and after the birth of their child. She teaches parents how to care for their newborn and comfort measures for crying.

In her personal life, Arlene and her husband have raised **four biological children** and continue to raise **two adopted children**. She has been a **foster parent** for over thirty-five infants, many of whom were drug exposed. This gave her extensive practice teaching babies to sleep. Her goal has always been: “A baby that sleeps well is a happier baby and that makes a happier momma.”



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

ABOUT GENTLE TOUCH SLEEP TIME

Gentle Touch Sleep Time is a sleep consulting service for children newborn to five-years old. I work with exhausted families and provide assessment of the sleep situation, education about sleep and support to achieve a well-rested family.

My goal is to “Help Babies Sleep”.

HOW IT WORKS

The Gentle Touch Sleep Time process starts with an **assessment** of the sleep situation of the individual family. This assessment includes completing a questionnaire about the present sleep situation. The family will be asked to keep a sleep log to track the amount of sleep the child is receiving each day.

After reviewing the information, I have a **consult** with the family to discuss the sleep situation and the sleep goals of that particular family. The consult is done in the home or by phone or Skype/FaceTime according to the preference of the family. This provides me the ability to work with families across the country.

I then write a very specific **sleep plan** according to the family’s parenting style and sleep goals.

When the family begins to implement the sleep plan, I provide encouragement, **support**, and input to the family as they go through the tough work of bringing change to their sleep situation.

I want each family to be **successful** in achieving the sleep their family needs.



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

MY SLEEP PHILOSOPHY

As a Registered Nurse and a Sleep Consultant, I view sleep as a necessity for health, growth and development of our children. Sleep should be as big of a priority as food. My goal is help babies sleep so families can sleep.

I recognize that there are many approaches to parenting. I try to be respectful of parenting styles and listen to each family. There is not a one size fits all approach to sleep. I am educated in the different ways to sleep train. I explain the options to parents and together we chose an approach appropriate for their child and comfort level.

Putting together a personalized sleep plan is like fitting all the right puzzle pieces together: timing of sleep, the sleep environment, the biological age and development of the child, and the present sleep skills of the child.

When parents are sleep deprived it is difficult to follow a plan due to exhaustion. I coach the parents, daily, to keep them on that path to success. Every sleep plan comes with at least two weeks of support.

It is possible to have well-rested families.

“Thank you for all your advice. Jean is such a happy baby now. She is sleeping through the night. She has been getting up around 1-2 am but then she eats and goes right back to sleep.”

Susan, mother to Jean, 4 ½ months



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

Testimonials

Talking about more than sleep

A six-month old went from waking 2-4 times per night for long periods of time to sleeping 11-12 hours at night. Mom said, "My husband and I are very happy! I feel like I have gotten my life back; I have the energy to read, make dinner, and talk to my husband about things other than sleep :). We are much more relaxed.

Lynde, Mom to Mina, 6-months

He puts himself to sleep

I contacted Arlene for help with my five-month old son who was sleeping in the swing. She coached me through transitioning him into his crib. He actually doesn't even whine anymore when I put him down. He will talk, and play with his feet, to put himself to sleep.

Tanya, Mom to Maddox, 5-months

The sleep plan was reasonable

Working with Arlene was such a wonderful experience, she is very knowledgeable and showed so much patience and support while we were trying to establish better sleep habits for our 9-month old daughter. The sleep plan Arlene prescribed was reasonable and easy to follow and after two weeks our daughter went from waking up 2-3 times a night to sleeping from 6:00pm to 7:00am the next morning. We cannot thank Arlene enough for her insight and guiding us through this process. As a family we are all sleeping so much better now and it is all thanks to Arlene.

Lea, Mom to Victoria, 9-months

11 hours straight

When our 8 month old daughter, Claire, was still waking up 3 to 4 times a night, we knew we needed help. Thankfully, we contacted Arlene at Gentle Touch Sleep Time, who not only developed a detailed sleep plan for us, but shared some small changes we could implement during the day to help with night time sleep. We followed the plan and made the changes to our baby's schedule, while Arlene emailed us daily with suggestions and support. Her insight and experience were invaluable. By the end of the first week, Claire was only waking once, and by the end of the second week, she was sleeping 11 straight hours!

Gabriella, Mom to Claire, 8-months

Became a dream sleeper

Arlene worked with the mom of a 14 month old who was up 2-3 times per night. The only way to get her back to sleep was by rocking or nursing. After she began to sleep 11-12 hours at night, mom said, "She has become a dream sleeper!"

Healthy sleep patterns

Arlene worked with a family to set healthy sleep habits from birth for their little boy. When baby went to daycare at four months, the daycare provider said she never had such a baby nap so well and easily. It made the transition to daycare smooth for mom and baby.



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

IN THE NEWS

Arlene has been featured in the **TRI-CITY-VOICE**:

1.) March 10, 2015:

<http://www.tricityvoice.com/displayPages.php?issue=2015-03-10&page=2>

2.) March 4, 2014:

<http://www.tricityvoice.com/articlefiledisplay.php?issue=2014-03-04&file=Sign+Say+and+Play.txt>

3.) August 12, 2009:

<http://www.tricityvoice.com/articlefiledisplay.php?issue=2009-08-12&file=Childbirth+and+Paren.txt>

FAMILY SLEEP INSTITUTE – *Spring Ahead Time*, March 2015

<http://www.myprgenie.com/view-publication/new-spring-daylight-saving-time-sleep-tips-by-the-family-sleep-institute-s-top-certified-child-sleep-consultants>

Fremont Public Library workshop on sleep for children - March 2015, May 2015

Workshops at Babies"R"Us speaking about "Helping Babies Sleep":

Sunnyvale, CA

Coloma, CA

San Jose, CA

Union City, CA

Dublin, CA



ARLENE FRYLING, RN
CHILD SLEEP CONSULTANT
FOR AGES 0-5

Email arlenefryling@outlook.com

Website www.GentleTouchSleepTime.com

Facebook <https://www.facebook.com/GentleTouchSleepTime>

Pinterest <https://www.pinterest.com/ArleneFryling>

Linkedin www.linkedin.com/in/arlenefryling

Google+ https://www.google.com/+Gentletouchsleeptime_arlenefryling