

Intro to Sleep: Newborns



What We'll Cover

We'll guide you through the key topics to help you and your baby get a better night's sleep.



Night wakings



Naps



Bedtime routines



Effective sleep methods

Let's Celebrate You!

Reaching out and asking for support is such an important part of the parenting journey – and it's exactly why Ollie was created.

You're Not Alone

Seeking guidance is a meaningful parental milestone worth celebrating.

You're Not Doing Anything Wrong

Nothing you are doing is causing your baby not to sleep – and there is nothing wrong with your baby.

You've Come to the Right Place

Every baby and every family is different. We're here to find what works for yours.

How We'll Support You

Throughout this journey, our focus is on supporting **you** first. You will be equipped with all the tools and resources needed to develop a sleep plan that makes sense for your family.



Watch the Videos

A curated video series walking you through key sleep topics step by step.



Download the PDFs

Helpful reference guides you can revisit anytime.



Use the Sample Sleep Plans

Ready-made models to inspire and guide you in creating your own family's plan.



Celebrate Your Progress

We'll be here to cheer you and your baby on every step of the way.