

STRUGGLING WITH BABY OR TODDLER SLEEP?

Gentle, evidence-based support for exhausted families.

Sleep challenges like frequent night wakings, short naps, early mornings and bedtime battles are common in infants and toddlers. You don't have to figure it out alone—support is available.



Itty Bitty Snoozers
PEDIATRIC SLEEP CONSULTING



MEET YOUR SLEEP CONSULTANT

Holly Ventresco, MSN, RN, CPNP,
Certified Pediatric Sleep Consultant

I'm a registered nurse and nurse practitioner with a background in neonatal and pediatric care. I support families through some of their most exhausted seasons using holistic, compassionate and developmentally appropriate sleep guidance.

WHO I WORK WITH

- ★ Babies & toddlers (0–3 years)
- ★ Families seeking gentle sleep solutions
- ★ Parents feeling stuck, exhausted, or overwhelmed

WHAT SUPPORT LOOKS LIKE

- ★ Infant & toddler sleep assessments
- ★ Personalized, developmentally appropriate sleep plans
- ★ Gentle, responsive approaches (no cry-it-out method)
- ★ Support with naps, nights, routines & schedules
- ★ Clear guidance and emotional support for overwhelmed parents

Learn more or
get started:



Scan the QR code or visit ittybittysnoozers.com

Instagram: [@ittybittysnoozers](https://www.instagram.com/ittybittysnoozers)

Virtual consultations available