**FINAL-SARAH-PATEL**

[00:00:00] **New Track:** Sarah welcome to the Juneau women podcast. Or I sit down with mamas to talk about their health, their work, their parenting, and all the different ways that they're keeping it together. Juna is a fitness and nutrition app created to help guide you through. You're trying to conceive pregnancy and motherhood journey.

Everything we do is designed to empower and support you through one of the most incredible and challenging times of your life.

Today on the podcast, we're talking all things. Infant sleep with Sarah Patel. Sarah is the founder of teach to sleep mom to two little ones who are 18 months apart and a fully qualified baby and infant sleep consultant. Sarah has worked in education for over 15 years as a primary school teacher and a senior lecturer in education.

She uses her background in teaching to teach healthy sleep habits, which are based around routine and sleep patterns. In this episode, we talk about setting up a safe sleep environment. We talk about sleep regressions, how to drop naps. And Sarah was a wealth of knowledge. Most importantly emphasizes

how much we as moms need to cut ourselves some Slack, because [00:01:00] sleep can be hard.

Before we dive into the episode, I wanted to share a review of the podcast from lady one, three 33. She says, perfect. For all parts of motherhood, this podcast is perfect for all people on their Parenthood journey.

So much information from the planning phases of Parenthood to postpartum care and everything in between. I'm so excited to also be joining the Juna app to start some postpartum workouts and fuel my body with healthy meal recipes. If you like the podcast, please subscribe and leave us a review. It will help us reach more moms who are looking to have a healthy and fulfilling motherhood journey.

All right, let's get to the show.

[00:03:00] [00:02:00] I hope you enjoy this podcast. [00:56:00] [00:55:00] [00:54:00] [00:53:00] [00:52:00] [00:51:00] [00:50:00] [00:49:00] [00:48:00] [00:47:00] [00:46:00] [00:45:00] [00:44:00] [00:43:00] [00:42:00] [00:41:00] [00:40:00] [00:39:00] [00:38:00] [00:37:00] [00:36:00] [00:35:00] [00:34:00] [00:33:00] [00:32:00] [00:31:00] [00:30:00] [00:29:00] [00:28:00] [00:27:00] [00:26:00] [00:25:00] [00:24:00] [00:23:00] [00:22:00] [00:21:00] [00:20:00] [00:19:00] [00:18:00] [00:17:00] [00:16:00] [00:15:00] [00:14:00] [00:13:00] [00:12:00] [00:11:00] [00:10:00] [00:09:00] [00:08:00] [00:07:00] [00:06:00] [00:05:00] [00:04:00]