EmeraldToday



Sleepy time in store for Central Highlands families

Emerald's First5Years early learing centre is offering Central Highlands parents some peace and quiet with a free access to the app, SleepWellBaby.

First5Years principal Melissa Webster said while being a new parent is a joy, it also brings its share of challenges.

"One of the most daunting is the elusive quest for a good night's sleep," Ms Webster said.

"We all know how pivotal sleep is, not just for the baby but for the parents too.

"Recent research has shown a tangible link between lack of parental sleep and postnatal depression in both men and women. Hence, the significance of sound sleep goes beyond mere rest — it's a crucial component of mental well-being."

Ms Webster said understanding this profound need, First5Years, an early education centre deeply rooted in empowering parents and carers, has partnered with SleepWellBaby to offer a solution—a digital haven for all those parents seeking to decode the mysteries of their child's sleep patterns.

"The SleepWellBaby app, a brainchild of Tresillian and digital health company Sleepfit, is not just an app. It's a century's worth of expertise, research, and genuine understanding of parental needs distilled into a handy tool," she said.

"Tailored guidance for every age, sleep and settling tips, breastfeeding and nutrition advice, and a real maternal health care nurse at the end of the phone if you need —all these features are designed keeping in mind parents of newborns right up to those with three-year-olds.

"What truly sets this collaboration apart is the accessibility.

"First5Years is sponsoring free access to the SleepWellBaby app for all families in the Central Highlands of Queensland.

"It's a testament to First5Years' commitment to early years education and the well-being of families.

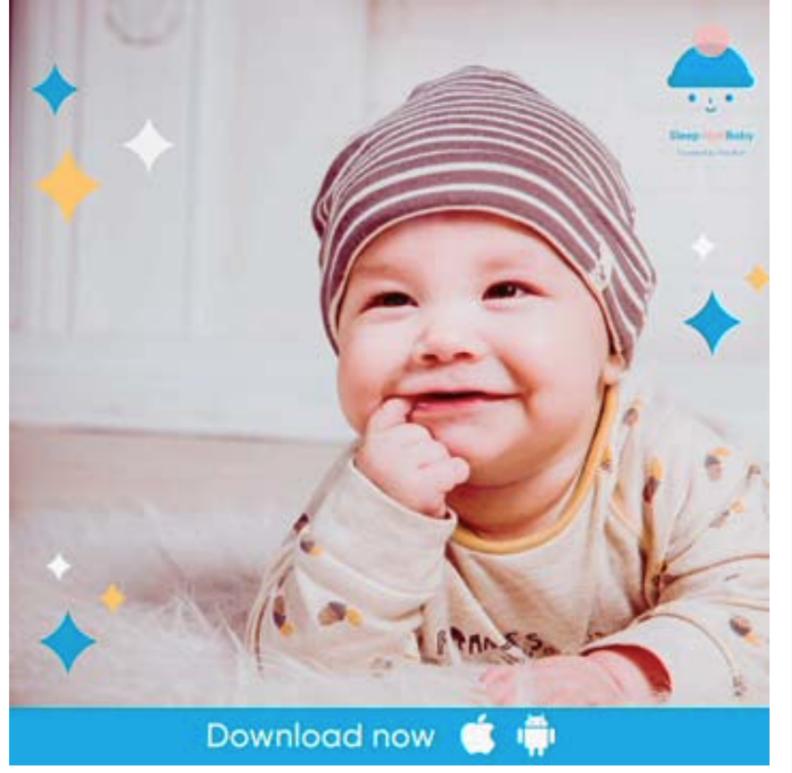
"Sleep is not a luxury; it's a necessity. With First5Years and SleepWellBaby, let's ensure every parent in Central Highlands finds their rhythm, gets the rest they deserve, and flourishes in the beautiful journey of raising a child."

To access this award-winning, government-backed app, simply download Sleep-WellBaby from the App Store or Google Play.

Use the voucher code FIRST5YEARS when selecting a plan.

Dive into a world of sleep insights, tracking, white noise, lullabies, and expert advice.

For more information, visit sleepwellbaby. io or email us at contact@first5years.com.au.



Central Highlands mums can access the SleepWellBaby app for free, thanks to the First5Years early learning centre in Emerald.