

Testimonies

We have received hundreds of emails or written communications like these since 2011, too many to ever share. Thank you to the parents below who have kindly given us permission to use their words, below.

A total game changer! I wish I knew this information when I had a baby as it would have saved me so much unneeded anxiety... I would have let go the need for perfection, the fears, the worries and the opinions and advice of others. I love the concept of cued care and once I finally struggled through the dark times and actually listened and watched my baby, I got him, I totally got him! ... Now our attachment and bond is amazing❤️ Thank you Possums x

Joanne Burgess, Titirangi, Auckland, New Zealand, June 2020

I would like you to know that your sleep film was THE ONLY thing I needed to know to start my parenting journey in regards to sleep. I really wish I knew about it in my babies first weeks (and prior to parenthood, it's helped me understand and attend to my sleep better too). When I heard all the overwhelming, conflicting advice or got very tempted by expensive sleep programs, I just re-watched the film. It took about 2 weeks of using your advice to experiment until my babies sleep drastically improved. I can confidently ignore conflicting advice/ads on social media now. She has just started to sleep through the night and her day naps are easier, flexible and exactly what she needs. My girl is nearly 14 weeks. I found Possums when she was nearly 10 weeks. Wish I found it sooner so I could spend more time enjoying my newborn and not stressing over sleep! Thank you!

Sophie Smith, Rochedale South, Qld, March 2020

The Possums video has completely changed our relationship with sleep. We've stopped counting the time between naps and now focus on living an enriching life. The improvement in my 5 month old's sleep has just been a bonus. I'm so happy I found Possums, it's changed our focus and we're all happier for it

Sara Ebdon, Devon, UK, December 2019

Things are going really well. We bought the sleep film and it gave us a good understanding of the 'program' and for a week now we have been following the plan and have been so shocked in how well it's worked. The anxiety and stress around falling asleep and day sleeps has disappeared. Dom just falls asleep when he's ready and sleeps longer than he did before. He has even stopped screaming in the car and actually falls asleep some journeys! I couldn't believe it with my own eyes! He falls asleep in the bright day light of the lounge room with no cover, no white noise. It's pretty amazing.

Zavia Sita, Caversham, WA, December 2019

My husband and I have been watching the Possums program together, including the Possums Sleep Film. We have found these resources so helpful and informative as we prepare for the birth of our first child. I highly recommend these resources to all parents and expectant parents!

Christina Jackson, Sunshine Coast, Queensland, June 2020

As the mother of a seven month old who suddenly started sleeping poorly, I was desperate to find some help and guidance. We had looked into the popular sleep training programs available but I was unimpressed by a lot of the claims they made. A one-size-fits-all approach to sleep didn't sound scientifically sound to me, nor did a strict schedule or regime when I knew from experience my baby didn't really tend to follow a schedule, even during the periods they were sleeping really well and through the night.

I'm really grateful someone recommended the Possums program to me. The research-driven approach to baby sleep made so much more sense to me, and I loved that it offered a framework to understand my baby's sleep habits rather than a strict, rule-based system. We've taken the knowledge we gained and created better sleep habits for bub, while also feeling reassured that there's nothing 'wrong' with a baby setting their own sleep schedule. I also love that you examine parent's mental health and wellbeing, which is so often neglected in baby sleep approaches and yet is so important to creating a positive sleep environment for everyone in the family.

Kathleen McLaughlin, Faulkner, Victoria, June 2020

I can't tell you how helpful I found the sleep film. I am currently on maternity leave with my 4 month old daughter. It gave me confidence in responding to my daughter's needs, and also helped me to establish realistic expectations for her sleep. Since watching the film, we have been going outside every day and relaxing with a feed at bed time; although a full night sleep remains some way off, we are happy.

Faye Stockton, Gwynedd, Wales, UK, May, 2020

I purchased the Sleep Film off the recommendation of my GP and also after becoming overwhelmed with all of the "retail" sleep program options out there. My 3-month old is generally a great night sleeper (though has started to wake more at night), yet is a serial cat napper during the day. I didn't necessarily want to "fix" his sleeping habits, I just wanted to understand his sleep requirements to ensure I was providing him the right sleep opportunities.

I found the possum sleep approach very refreshing which promoted less pressure on mums. I will admit that I was searching for a clear program amongst the information and initially struggled to understand how to apply the content. I've tried to implement the possum sleep concepts as best as I can, i.e. ensuring my LO hunger for milk and sensory experiences are met and trusting sleep will

come. This hasn't necessarily meant he's slept more or with any consistency, however, it has made me much more relaxed during the days and meant I get out and about which is better for both of us.

.... I really appreciated that the information was practical and evidence-based. I also appreciated the cost was reasonable in comparison to the commercialised sleep programs out there.

Sally Greener, Dulwich Hill, NSW, May 2020

I really enjoyed the Possums Sleep Film. It was very informative & aligned with how we want to parent - in a flexible, responsive & creative way. I appreciated it's non-neurotic-making guidance & focus on experimentation rather than rigid ideas.

Alice Hucker, Brunswick , Victoria, March 2020

Thank you possums clinic, I feel liberated!! It's great to not worry about sleep schedules, routines and sleep cycles and knowing I am not only following the evidence but also my baby. She and I both love her falling asleep on the boob, now I have no worry that it's a bad habit. I wish I had watched this for my son.

My daughter's sleep is far from perfect but it's getting better and we are experimenting with what works. We are all enjoying getting out more, such a shame about this Coronavirus might have to restrict us.

Susan Leonard, Moorooka, Qld, March 2020

I stumbled across the Possums program through my baby centre forum and have been implementing its approach to parenting for the last few weeks with my 4 month old baby. The 4 month leap was hitting us hard and we were all struggling. I don't believe in any form of sleep training so I was faced with just waiting it out- a thought that really upset me because I was wishing time away with my lovely little baby. I read a little about Possums online and purchased and read the Discontented Little Baby book and I just wanted to say how delighted and grateful I am to have found Possums, because it's made a world of difference for our family in a very short time. I only wish I had heard about it earlier! I am yet to explore the Possums Bundle I just purchased so I'm really just scratching the surface of the info available and already I'm hooked.

Since we have let go of trying to schedule my baby's sleep, she settles quickly when she is actually tired and sleeps better in general. It turns out she functions beautifully on less than the "recommended" amount, so we're no longer wasting hours each day trying to force a crying, bored and under-stimulated baby to sleep. Instead we have all this extra time to play with her and just enjoy her. While feeding has never been a problem, the advice in the book has helped tweak our breastfeeding and I've noticed improvements there too, with less wind pain due to improved fit and hold.

I tell everyone I can about the Possums approach because it's worked so well for us, and it feels so intuitively right to parent in such a gentle and sensible manner.

I just wanted to say a big thank you to the Possums team, it's helped us enormously.

Rhonda Huggins, Tasmania, January 2020

I recently bought the Possums Sleep Film to help with my 9 month old. We had spent a fortune on a sleep coach who did help us initially but then his sleep went terrible again a month later with lots of night wakings, awake for long periods in the night. I have been using the Possums approach for only a week and I saw results within the first day. He only woke twice in the night for feeds and went back to sleep while feeding. We have had a few off nights with teething pain but overall it's an amazing improvement. My anxiety was significantly reduced because I no longer needed to watch the clock for wake windows, how long he slept for each nap or that I couldn't let him fall asleep on the breast because that was a "bad" habit. He seems so much happier because he is only put down when I'm sure his sleep pressure is high.

Lacey Robinson, Templestowe Lower, Vic, February 2020

I purchased The Possums Sleep Film and thought it was fantastic. I felt instantly calmer listening to Pam's and Koa's advice. The content was really helpful and was delivered in a way that was easy to understand. The sleep advice made lots of sense. I also liked Koa's advice on mindfulness and "holding thoughts lightly".

After I watched this video, I saw Pam and she was (as always!) incredibly helpful, understanding and supportive. After one week we have already noticed an improvement in our baby's sleep. Following her advice has also made my days so much easier - now when the baby sleeps, I just put him straight down, rather than trying to hold him for ages while he sleeps. If he wakes up after I put him down, we just get on with our day. If he keeps sleeping, I get about 15-20 minutes to do something else rather than holding him on the couch! Thank you, Pam. Thank you.

Rosemary Gibson, Camp Hill, Qld, April 2020

I was really anxious about sleep regressions and teaching my then 10 week old to self settle before 4 months and was having him nap in the dark. It wasn't having any impact on his night time sleep and I wasn't comfortable with crying it out etc.

I found this resource to be life changing. I stopped worrying about it all and just went about my day just as recommended and he literally just drops off to sleep now when he needs it obviously making sure he is safe is a top priority. But I no longer worry if he sleeps in my arms if he wants cuddles nor do I worry about our night time routine where he loves cuddles with his dad before going to sleep at night. Previously I was stressed about clutches and associations etc.

It's a shame that the old advice about sleep is still so prevalent. I wish I'd found this resource sooner as I stopped breastfeeding early due to being told my son had a tongue tie and that breastfeeding wouldn't improve until he had it lasered.

More families need this resource.

Nearly three weeks in now with a consistent wake up time of between 6.30 and 7 and a bedtime that's around sleep pressure and my gorgeous little boy at 12 weeks is sleeping two long stretches now. He usually needs cuddles from 530 to help sleep a little longer but again I'm not concerned about this now.

Nicole Lock, Traralgon, Victoria, April 2020

Purchase the NDC or Possums Sleep Program (new 2020 edition as well as 2014 edition) for only AUD\$37. Our charity returns all proceeds into development of education resources and research.

<https://education.possumsonline.com/programs/sleep-film>

