



Located at
The Boulder JCC

Shuteye

Infant Sleep Coaching

303.579.3841

infant sleep classes

Upcoming Classes

Tips and strategies for building better sleep habits for your little ones and you!
Classes are open to all.

Price: \$40 per family



January 31 and February 7 | 12:30 - 2 pm

For ages 12 - 24 months

February 14 and 21 | 12:30 - 2 pm

For ages 0 - 3 months

February 28 and March 7 | 12:30 - 2 pm

For ages 6 - 12 months

March 14 and 21 | 12:30 - 2 pm

For ages 3 - 6 months

Meet Jessica

As a Synergetic Play Therapist, Infant Sleep Coach and mother, Jessica Schaffer understands all too well that everyone needs sleep. Jessica relies strongly on the attunement of the caregivers to guide the appropriate method of sleep coaching for their child. She believes that with time, space, and appropriate parental support, all babies and children have the ability to become great sleepers. Jessica received her BS in Business Administration from University of Colorado and her MA in Counseling from Naropa University. Jessica has worked with families world wide but holds her private practice and lives in Boulder, Colorado with her husband and 2 children.



JESSICA
SCHAFFER
Infant Sleep Coach
FSI Certified

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Every family is different.

For a customized sleep solution, please register at boulderjcc.org

www.boulderjcc.org

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