



Services Overview

Partnering with
Tiny Transitions

Sleep Solutions
Backed by Science,
Delivered with Heart



Evidence-Based. Parent-First. Transformational.

When you partner with Tiny Transitions, you're choosing more than a sleep coach; you're gaining the support of The Slumber Squad™, **one of the most experienced and trusted teams** in the sleep consulting world. Led by Courtney Zentz, a globally recognized Pediatric Sleep Coach, award-winning speaker, and respected voice in the parenting community, our team has helped thousands of families around the world reclaim restful nights and confident days.

At Tiny Transitions, we believe there's no such thing as a cookie-cutter child, so we never offer cookie-cutter solutions. Our customized approach, coupled with live coaching, daily accountability, and compassionate guidance, delivers real results that last.

We don't just solve sleep struggles—we empower parents, restore confidence, and help families thrive.



Who We Are



2015

Founded by Courtney Zentz



10,000+

Happy clients



HSA/FSA

Approved Provider



98%

Success - without shame,
pressure or overwhelm

Proudly Featured In

Newsweek

Forbes



FOX

yahoo!



Fatherly

Bustle



romper

We want to make a positive impact on the world of sleep.

At Tiny Transitions, we believe families deserve more than advice; they deserve true expertise. In an unregulated industry where anyone can claim the title of “sleep coach,” we’ve built one of the most rigorous, transparent, and respected coaching models in the U.S. Our team is thoroughly trained in evidence-based approaches to pediatric sleep and child development, with a deep understanding of the nuances that impact a child’s rest, feeding patterns, temperament, regressions, environmental factors, and the emotional well-being of the entire family. **We offer personalized, judgment-free coaching that prioritizes safety, science, and your family’s unique values.**

We don’t believe in one-size-fits-all programs or quick fixes. Our Sleep Steps™ method is rooted in science and centered around your child’s unique biology, temperament, and sleep needs. Every plan is fully customized, taking into account your feeding journey, sleep environment, routines, parenting values, and long-term goals.

We stand behind our work with a Sleep Success Guarantee. If you don’t see progress after following your plan and maintaining regular communication with your coach, we’ll continue to work with you at no additional cost until your goals are met. That’s our promise, and our track record shows we deliver.



Goals For Your Family



Better Naps

& a Predictable Schedule



Sleeping Through

the night, waking refreshed



Independent Settling

without the need to cry-it-out



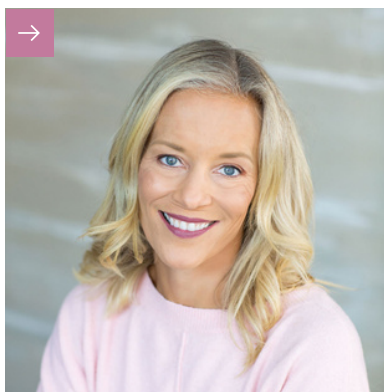
Remove Fear & Anxiety

& improve confidence at bedtime



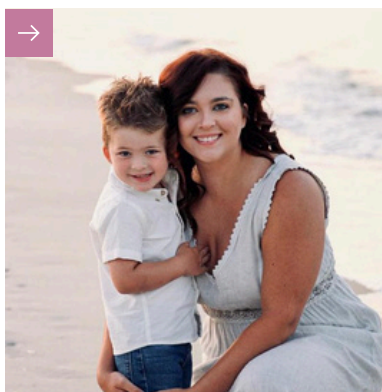
We meet you where you are & support **your unique family goals** & parenting approach.

The Slumber Squad



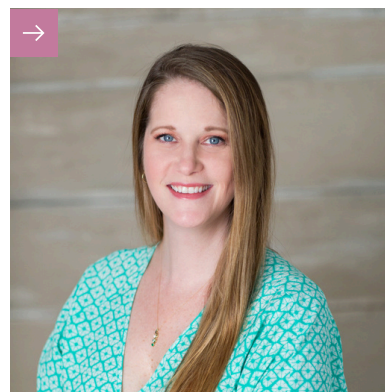
**Courtney
Zentz**

Founder



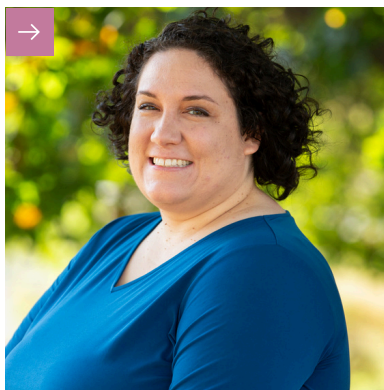
**Kiley
Pickett**

Sr. Sleep Consultant



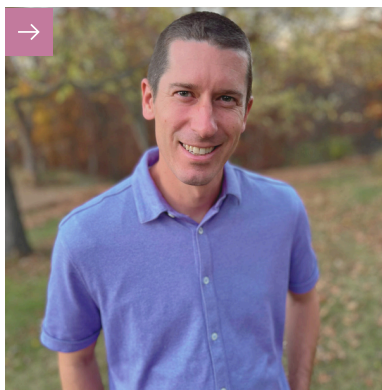
**Erin
Forish**

Sr. Sleep Consultant



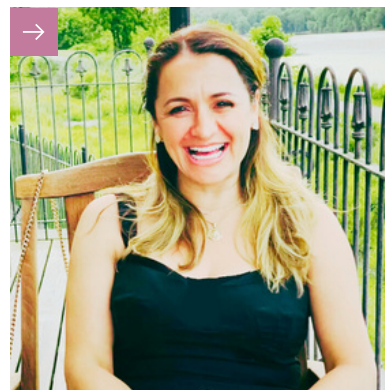
**Ashlynn
Wittmann**

Sleep Consultant



**Chris
Nosal**

Sleep Consultant



**Raline
Sexton**

Sleep Consultant



Sleep is the Foundation on Which the House is Built.

Phone Consultations & Jump-Start Sleep Training Services

Our focused coaching options are designed to target a specific issue, like short naps, planned holiday travel, time changes, early wakings, or struggles to settle at bedtime.

A 30-Minute Phone Consultation: Book a 30-minute consultation with a member of the Tiny Transitions team. Upon booking, you will complete an intake form, highlighting your trouble area, to be discussed during the single session.

- *A 30 Minute Private Consultation is \$99.*

A 45 + 15 Minute Phone Consultation: Book a 45 +15 15-minute consultation with a member of the Tiny Transitions team. Upon booking, you will complete an intake form, highlighting your trouble area, to be discussed during a single 45-minute session plus clients will be able to book one 15-minute check-in session, within 7 days from the original call, to coach through families to success.

- *A 45 + 15 Minute Private Consultation is \$199.*

Our Jumpstart Consultation: *When you need more than a single session and value the 1:1 coaching and support to get you through the first (& hardest) days of sleep training. This includes a 60-minute consultation, a written sleep plan, 2 check-in calls, and 7 days of email support. This program is designed to get you started and then advise you on how to finish the remainder of the changes with success.*

- *The 1-Week Jump Start Private Consultation: \$495 | \$695 | \$895*

"Tiny Transitions were miracle workers! In just a few short days, our daughter is now sleeping 12 hours a night and we have our life back. We wholeheartedly recommend them to anyone. They take the time to learn about your child and your family life in general, and create a plan that will work within your specific environment.

You are simply amazing, THANK YOU will never be enough."

Expecting & Newborns

For expecting parents and families with newborns, Tiny Transitions offers expert guidance that brings clarity, calm, and confidence to the earliest days of parenting. Our newborn sleep solutions are designed to help you understand your baby's natural rhythms, establish healthy sleep habits from the start, and navigate common challenges like feeding, routines, and safe sleep environments. Through personalized consultations, nursery assessments, and expert-led education, you'll feel empowered, prepared, and supported every step of the way.

All Plans
HSA/FSA eligible
at checkout

SUPPORT STRUCTURE	RUNNING ON FUMES	NEW MOM LIFE	BEFORE BABY ARRIVES
90 Minute Private Consultation (1:1 in a Zoom Session)	✓	✓	✓
Navigating a Newborn (Sleep Foundations Plan)	✓	✓	✓
Nursery Assessment Video Walkthrough	✓	✓	✓
Dedicated Email Support For Guidance Postpartum	✓	✓	✗
Phone Coaching Sessions Scheduled as Needed Through 3 Months	12 Calls	4 Calls	2 Calls
Car Seat Safety Education from a CPST	✓	✗	✗
Lactation & Feeding Education from a CLC	✓	✗	✗
Registry and Hospital Checklist For All the Things	✓	✓	✓
Digital Sleep & Intake Tracker	✓	✓	✓

Working with Tiny Transitions

\$1695

\$995

\$495

All Plans
HSA/FSA eligible
at checkout

Infants & Toddlers

SUPPORT STRUCTURE	DUMPSTER FIRE	WALKING DEAD	STRUGGLE BUS
1:1 Sleep Consultation Phone Call or Video Meeting	✓	✓	✓
Comprehensive Written Sleep Program	✓	✓	✓
1:1 Private Coaching To Guide You To Your Goals	3 Weeks	3 Weeks	3 Weeks
Phone Coaching Sessions Scheduled as Needed	6 Calls	5 Calls	4 Calls
Daily Sleep Log Assessment Digital Sleep Tracker	✓	✓	✓
Keep Your Sleep Complete Video Library	✓	✓	✓
Bedroom Assessment* Video Walkthrough	✓	✓	✗
Night 1 Bedtime Support* Bedtime 7pm-9pm	✓	✗	✗
1:1 Text Support* Weekdays 9am-4pm during private coaching	✓	✗	✗
Jetlag & Travel Bundle (Consultation & Travel Plan)	✓	✗	✗
Sleep Coach on Call Monthly On-Going Coaching Call	12 Months	3 Months	✗
Caregiver Support Program & Sample Schedules	✓	✗	✗
A Tiny Task Board Bundle Visit TinyTaskBoard.com	✓	✗	✗

Working with Tiny Transitions

SLEEP CONSULTANT
SR. SLEEP CONSULTANT
WORK WITH COURTNEY

*Offer available as an add-on option. Additional siblings starting at the same time receive \$200 off their package.

\$1795	\$995	\$695
\$1995	\$1195	\$895
\$2995	\$1995	\$1495

À-La Carte Services



TEXT MESSAGE SUPPORT X 3 WEEKS M-F BUSINESS HOURS	\$300
VIRTUAL NURSERY ASSESSMENT	\$50
NIGHT 1 BEDTIME SUPPORT FROM 6:30 PM -8:30 PM	\$300
WEEKEND SUPPORT: BUSINESS HOURS 9 AM- 4 PM	\$400
VIRTUAL OR IN-HOME 1/2 OVERNIGHT FROM 6 PM - 12 AM	\$1200
VIRTUAL OR IN-HOME FULL OVERNIGHT FROM 6 PM - 6 AM	\$2000
LACTATION & FEEDING CONSULT WITH A CLC - 30 MINUTES	\$79
CAR SEAT EDUCATION WITH A CPST - 30 MINUTES	\$79

*Subject to your Sleep Consultants Availability and Location.

Let's Get to Work Together



TINY TRANSITIONS

At Tiny Transitions, our mission is to empower families with the tools, education, and support they need to create healthy, lasting sleep habits—so every child thrives and every parent feels confident, rested, and restored.



PHONE

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info@tinytransitions.com



WEBSITE

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