



Jessica Bryant
214-856-0341
jessica@sleephappyconsulting.com

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Sleep Happy Turns One!

Local Businesses Come Together for Sleep Happy Consulting's First Birthday Party

Dallas, Texas: Sleep Happy Consulting, a D/FW expert in childhood sleep, is celebrating its first anniversary by hosting a family friendly party on September 10, 2016 from 10 am to 12 pm at Small Pockets Tea Room in Dallas.

Founded in August of 2015 by Jessica Bryant, Sleep Happy Consulting has worked with over 40 sets of parents of little ones ranging from 4 months to 6 years. Jessica began her company with the mission to empower sleep deprived parents of restless children by providing knowledge and support to create the sleep routines of their dreams.

"Parents today are bombarded with so many messages and opinions on sleep. Sleep Happy Consulting clears out the clutter of information by providing personal sleep strategies for children through support, coaching, and sleep training," said Sleep Happy Founder Jessica Bryant. Melissa Monroe, a sleep happy client from Coppell, added "I was amazed at the change in my baby's sleep habits. After 10 days, my little boy slept through the night and took great naps! Jessica coached me the entire time and I always knew I had her support."

Small Pockets (www.smallpockets.biz), **Cakes That Rock** (www.facebook.com/alyscakesthatrock), **Love it Up Decor** (www.loveitupdecor.com), **Texas Timber Bats** (www.babybats.com), **The Enchanted Traveler** (www.theenchantedtraveler.com), and **Lasting Moments Photography** (www.kandcphotography.photoshelter.com) are hosting the event for Jessica and Sleep Happy Consulting. The event will be family friendly and will feature a sweet treats and an awesome raffle.

About Sleep Happy Consulting

Founded by Jessica Bryant in 2015, Sleep Happy Consulting is dedicated to helping parents and children get the best sleep possible. Jessica received a Child Development and Family Relationships degree from the University of Texas at Austin while working as a nanny for infant twins. After graduation Jessica went on to be a case manager for Early Childhood Intervention where she worked with the 0-3 age population with developmental delays as part of an interdisciplinary team. From there Jessica went on to teach kindergarten in Dallas Independent School District before becoming a mom. Jessica is a mother of three well-rested children, including twins and married to Alan, a well-rested father. For More Information, contact Sleep Happy Consulting at (214) 435-2169 or visit www.sleephappyconsulting.com

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