**Hannah Love**

Sleep & Parenting Expert

CEO – Sleep Well with Hannah

[Website](http://www.sleepwellwithhannah.com/) – [Instagram](https://www.instagram.com/sleep_well_with_hannah/) - [Linkedin](https://www.linkedin.com/in/hannah-love-01031a7b/)

**Short Bio:**

Hannah Love is sleep and parenting expert and number 1 best-selling author. Since qualifying as a Paediatric Nurse, maternity nurse and Nutritional therapist 25 years ago she has been showing families that parenting doesn’t need to be exhausting. More importantly, juggling work, life and a baby can be a pleasure. You can be a gentle parent, have a baby who sleeps well and who fits into your lifestyle - whatever that means to you. Through her C.A.L.M approach (Consistent, Achievable, Loving, Manageable) she helps parents in all areas of parenting, including her favourite subject - sleep.

**Long Bio:**

With over 25 years of experience, I am dedicated to helping families navigate the challenges of raising babies and children. My journey began in my twenties when I completed three university courses: in Paediatric Nursing, Nutritional Therapy, and Cranial Sacral Therapy. During this time, I travelled the world as a nanny for professional golfers, visiting places like the Masters in Augusta and Hawaii, often traveling first class and by private jet. I also worked as a Private Nurse for a family with nine children, where I learned to juggle family life, cooking, cleaning, managing households and travelling solo with up to 8 children.

In my thirties, I focused on raising my three children - Oliver (2008), Ella (2012), and Henry (2015) - while building my parenting and baby sleep business. As a family we prioritise fun, enjoying travel, festivals, and camping trips together as well as socialising with our family and friends.

Through Sleep Well with Hannah, I've combined my diverse experiences and training to support thousands of families in achieving balance and sleep. I see myself as more than just a sleep trainer; my extensive knowledge of child development instils confidence in the families I work with, making my programs, talks, and courses work.

My C.A.L.M approach (Consistent, Achievable, Loving, Manageable®) not only covers feeding, weaning, nutrition, and behaviour but also focuses on building parental confidence, reducing anxiety, and help families enjoy life with a baby. My greatest achievement is guiding families out of sleepless struggles to enjoy daily life with their happy, well-rested babies.

I have built a community of over 50,000 on Facebook, Instagram, and email, providing daily support and resources. I offer free workshops and sessions for charities, and my first book, \*The C.A.L.M Approach to Baby Sleep\*, quickly became a number one bestseller in five categories. My over 200 five-star ratings on Trustpilot and Amazon reflect my commitment to helping each family that reaches out to me.

In addition to supporting families, I also partner with organisations to enhance their maternity packages, providing tailored workshops and resources for new parents. By fostering a family-friendly workplace culture, I help companies create supportive environments that promote employee well-being, safety and retention. My corporate programs help organisations to actively support their staff during the transition into parenthood, ensuring a smoother balance between work and family life.

I believe every family and baby is unique, and I am here to support you in finding solutions that work for your specific needs. My practical and effective C.A.L.M approach has led families from around the world to recommend my services, returning for support with subsequent children.

I am at my happiest when helping others enjoy family life as much as I do. My husband Daryl, who has been by my side for nearly 20 years, is now working full-time with Sleep Well with Hannah, allowing us to combine our passions and support families together. We lead a busy life but always make time for fun; all of our children attended their first festivals, holidays, and camping trips before their six-month birthdays. Cooking is another great passion of mine, I love growing, cooking and eating food. I love entertaining friends, with happy children running around our garden; in fact, it's rare for a child (or adult) to visit our lively home without wanting to stay longer.