

Kerry Secker

Experienced pediatric
sleep consultant.

Founder of the
Care It Out[®]
sleep approach.

Podcaster & sleep
speaker

 CARE IT OUT[®]



About *Kerry*



Previously a Nanny of 20 years, I now write, speak, teach, run seminars and podcast on all things sleep related.

I work with families around the globe to get their Smalls sleeping their biological best without tears or sleep training techniques. I'm passionate about supporting families to follow what feels best for them.

A leading voice in pediatric sleep, I maintain that only the parent or carer is the true expert on their 'small', and I work alongside them to get to the root cause of a sleep struggle, and get everyone a settled night's sleep.

My approach

‘Sleep training’, ‘Cry It Out’...I just knew there had to be a more logical and caring way through sleep struggles!

So, I created the Care It Out approach.

Though there is some basic bedtime biology on which my approach is based, I firmly believe that one size DOES NOT fit all!

I create a family’s sleep plan based on the information they submit to me through my in-depth ‘Sleep Story’ form.

Whilst my advice is different for every family, it is always sensible, straight forward, and supportive; there are never any ‘Sleep Shoulds’ from me, just caring guidance.



MY following



I sleep share almost daily to **30k+ Instagram followers**

I've shared my expertise at **50+ talks and events**

And received over **60 5* Reviews**

AS featured IN



Kind *words*

“She completely respects a mother’s instincts and also totally reassured me when I was feeling very anxious.” - **Susanna Fiore**

“After broken sleep for 18 months our little one is now sleeping through the night with minimal intervention. No crying it out, no sleep training, just sensible and clear advice that worked absolute wonders!! Kerry is an absolute professional and is so friendly and helpful, everything that she suggested was easily incorporated into our routine.” - **Eve Kamara**

“Kerry deserves special recognition for her calm, down-to-earth and resolutely rational approach to sleep.” - **Benjamin Brown**

“Within less than a week of working with Kerry, my 6 month old slept through the night for the first time!” - **Samantha Jayne**





Bedtime basics E-COURSE

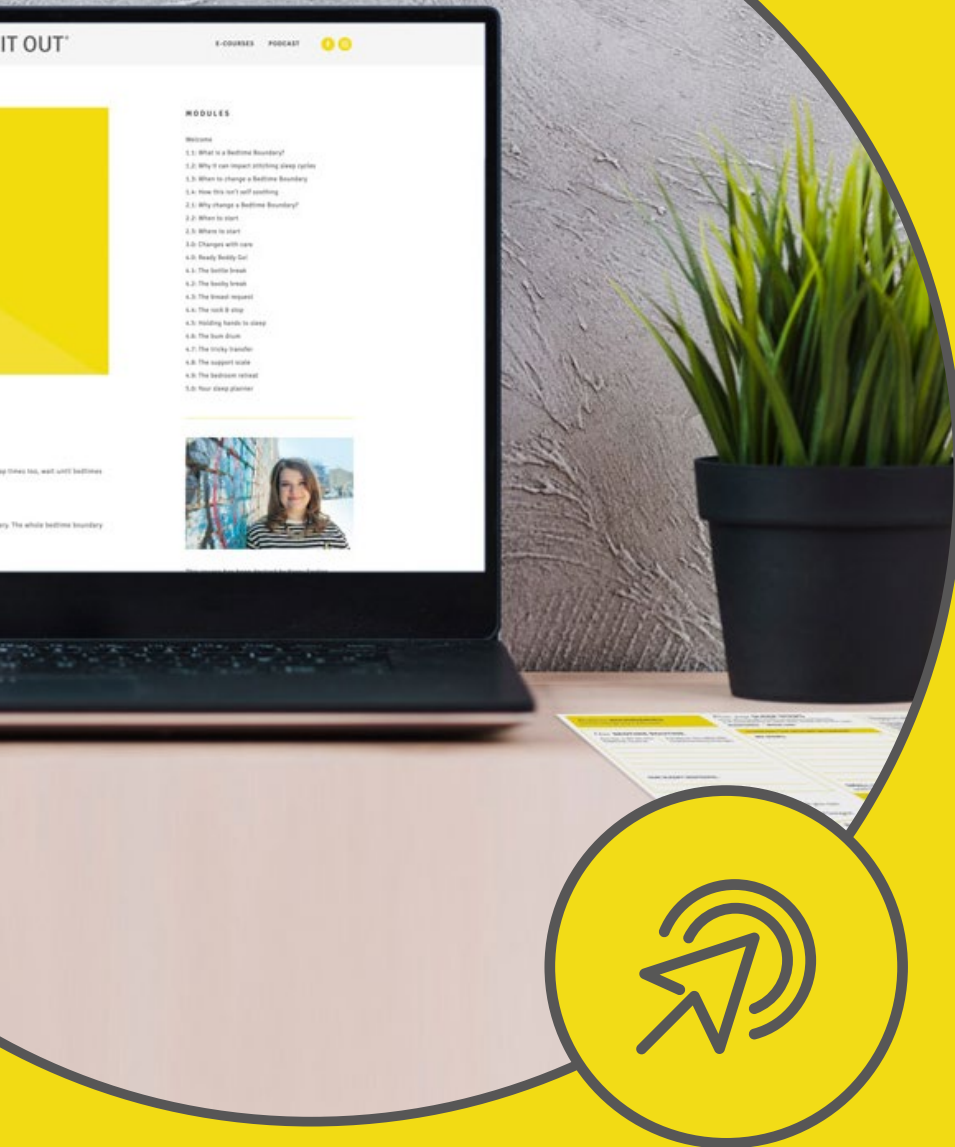
I created my first e-course so that my sleep practice could be accessible and affordable to parents all across the globe.

With modules covering bedtime biology, sleep science, a support scale, and four steps to a settled night's sleep, the Bedtime Basics course is made up of clear and concise videos that are informative AND reassuring.

As an evergreen course, there's no time limit to complete! And it can be referred back to any time.

The Course includes a downloadable PDF so the purchaser can put together their own sleep suggestions/plan using their newfound knowledge!

Bedtime boundaries E-COURSE



My second e-course tackles a huge sleep subject: how a Small falls to sleep and the effect that has on the rest of the night.

Sold 1000+ times in it's first week, this course is for anyone who would like to have clear tools, and the confidence to change how their small goes to sleep...without tears!

The course supports parents/carers to change a bedtime boundary (if it's not working for them) by tailoring my theory to **their** child. They are, after all, their small's expert!

The included PDF download helps parents to create their own personalised sleep steps plan, to get their child to sleep the caring way.

THE CARE IT OUT[®] SLEEP SHOW *podcast*

I've spoken to 1000's of parents and brands across the globe on all aspects of infant sleep and I'm on a mission to share this knowledge with as many parents as possible.

So, after years of talking sleep shiz on UK Health radio, it was time to bring my approach to podcast, where it could be accessible and affordable to ALL families.

My fun, free and bite-size podcast can be picked up between feeds and catnaps, and delivers sleep education that's sensible, scientific and straightforward.

New episodes fortnightly





LET'S *Chat!*

 careitout.com/podcast

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 [@careitoutsleepconsultant](https://www.instagram.com/careitoutsleepconsultant)

Bedtime

— *e-courses* —

[Learn more >](#)