Can a Sleep Plan Help My Baby Nap Better?

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My four month old takes short naps and wakes often in the day, and I am not sure what to try next. A friend said a child sleep consultant could look at her whole day and build a plan around her needs. I found a gentle service that starts with a sleep diary and a free chat before anything else. I am now reading about Sweet Dreamz to see how their infant support works. Has anyone tried a gentle plan for short naps?

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