



**ESSA Consulting provides compassionate, family-centred clinical expertise in infant and early childhood sleep, safe sleep practice, and maternal and child health. Specialising in personalised in-home support, we help families navigate sleep challenges by understanding early development, behaviour, emotional regulation cues, and the foundations of growing healthy independence. We introduce developmentally appropriate routines and evidence-based sleep and settling strategies whilst focusing on connection and outcomes tailored to each family.**

I'm Sara Armstrong (*nee Wignall*), founder of ESSA Consulting. I bring over 20 years' clinical experience in nursing; working in midwifery as an ANUM and for the past decade, maternal and child health.

As Program Lead for Sleep and Settling at Ballarat City Council, I led the development and implementation of progressive sleep services, online education resources and clinical pathways, working collaboratively with health and community partners to improve outcomes for local families.



#### *Areas of Clinical Expertise*

- **Infant and early childhood sleep:** Assessment, formulation of evidence-based sleep strategies, and staged implementation tailored to development.
- **Safe sleep practice:** In-depth knowledge of risk-reduction strategies and the ability to translate guidelines into practical, family-centred advice.
- **Perinatal and maternal-child health:** Two decades of hands-on experience in midwifery and maternal-child health settings.
- **Early childhood development:** Deep understanding of sleep physiology and how it interacts with feeding, growth, neurodevelopment and family functioning.
- **Family-centred care and communication:** Skilled at delivering clear, non-judgemental care and guidance that is respectful and supports parental confidence and adherence to clinical recommendations.

ESSA Consulting complements paediatric care by delivering targeted, safe, and effective sleep interventions that are both compassionate and clinically robust. Our aim is to reduce clinical burden on paediatricians and improve outcomes for children and families. Through our tailored services we provide comprehensive assessments, personalised sleep plans, in-home or telehealth support and structured follow-up.

**ESSA Consulting accepts referrals from paediatricians for families needing specialist sleep assessment or ongoing clinical support. For referrals or to discuss how ESSA Consulting can support families under your care, please contact me directly on 0410 341 251 or [sleep@essaconsulting.com.au](mailto:sleep@essaconsulting.com.au)**

*Sara*

Registered Nurse · Registered Midwife  
Qualified Maternal & Child Health Nurse

[essaconsulting.com.au](http://essaconsulting.com.au)