MEDIA RELEASE - DR GOLLY LAUNCH

**EMPOWERED FAMILIES AND SLEEPING BABIES**

**May 2021:** Paediatrician and father of three, Dr. Daniel [Golshevsky](https://www.drgolly.com/search?type=author&q=Dr%20Daniel%20Golshevsky) aka Dr. Golly, is excited to announce the launch of an online sleep and settling program for children 0-5 years old.

The Dr Golly™ Baby Sleep Program is the only sleep and settling program globally designed and written by a paediatrician, as well as the only one that focuses on dads (or the non-breastfeeding parent) as the secret weapon to a good night's sleep.

Dr Golly has written this program with input from a wide range of healthcare professionals including midwives, infant sleep consultants, lactation consultants, paediatric dieticians and paediatric psychologists.

“I’ve created these online learning courses to empower parents with the skills and knowledge to ensure the whole family gets a good night’s sleep” says Dr. Golly.

Specialising in unsettled babies and poor sleep, Dr. Golly developed this program through his work with thousands of babies over more than a decade of practice. With a focus on empowering parents and protecting mothers, Dr. Golly turns up the volume on the innate parental instinct he believes all parents possess, to maximise the understanding of their baby's cues.

There are six age-appropriate courses and two supplements to choose from, with content ranging from feeding, nutrition, winding, routines, settling techniques and more.

Pricing starts at $100 per program and $50 for supplements or $250 to gain access to all programs.

***So what’s the aim of the sleep course?*** “Every baby is different and a baby may not tick all the boxes but my aim is for your baby sleeping 7 hours (12am-7am) by 6 weeks and 12 hours (7pm-7am) by 6 months” he says.

Music to every sleep deprived parents ears.

For further information please see: [www.drgolly.com](http://www.drgolly.com)

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For all media enquiries, please email Romina Favero at [**media@drgolly.com**](mailto:media@drgolly.com)

**ABOUT DR GOLLY**

Dr Daniel Golshevsky (Dr Golly) is a Melbourne-based paediatrician and father of three. As a general paediatrician, he cares for babies, children and teenagers of all ages, managing physical, mental and behavioural development as well as illness and emergency. Over the last decade Dr Golly has become the go-to paediatrician when it comes to unsettled babies and poor sleep. His philosophy and passion for empowering parents, protecting mothers and the heavy involvement of dads and non-breastfeeding partners has earned him a loyal following. He has since become a trusted media commentator on everything to do with babies and toddlers, and his online sleep and settling programs have become the essential guide for thousands of families across the globe. For more information visit [drgolly.com](http://drgolly.com)