





Krisztina Otvos


Newborn & Infant Sleep Specialist | Since 2006

Guiding Families to Better Sleep

Customized Sleep Solutions That Work

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CERTIFICATIONS & CREDENTIALS

Bachelor's Degree in Elementary Education

Primary Elementary School Teacher Training Facility
Hungary – 2000

Certified Newborn Care Specialist

Gentle Venture's Training Academy approved by the Newborn Care Specialist Association for Certification and the Holistic course accredited by the International Maternity Parenting Institute – 2006

Certified Pediatric Sleep Consultant

Institute of Pediatric Sleep Academy - leaders in pediatric sleep educator – 2010

Member of the International Association of Child Sleep Consultants (IACSC)

Periodically attend pediatric sleep conferences and undergo additional trainings to stay up-to-date on the latest sleep research.

Certified RIE Instructor in Early Childhood Education

RIE Montessori Method – 2012

- **First Aid/CPR Certified**
- **TrustLine Registered**
- **Specialized in Premature Babies & Twins**
- **Expertise in Sleep Conditioning & Sleep Training**



WORK EXPERIENCE

2006 – PRESENT

NEWBORNCARE SPECIALIST

Overnight Newborn Care
Newborn – 4 months

2012 – PRESENT

PEDIATRIC SLEEP CONSULTANT

In-Home Sleep Training
4 months – 1 year old

2018 – PRESENT

PEDIATRIC SLEEP CONSULTANT

Virtual Sleep Coaching
Newborn – 3 years old

IN-HOME OVERNIGHT NEWBORN CARE SERVICES:

- Nursery shopping and setup
- Product recommendations
- Educating parents on newborn care
- Care for multiples and preemies
- Overnight newborn care
- Breastfeeding support
- Monitoring baby's nutritional intake
- Establishing healthy sleep patterns
- Logging baby's feeding, sleeping, and behavior
- Creating age-appropriate daytime schedules
- Teaching babies to sleep through the night
- Care for reflux, colic, and weight gain issues
- Nursery organization and maintenance
- Laundering baby clothes and linens
- Umbilical cord and circumcision care
- Bottle cleaning and sterilization
- Diapering
- Baby baths (sponge and tub)
- Burping techniques
- Soothing techniques
- Swaddling techniques
- Nanny training

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2025

2025 July – October Jesse & Katie McCartney
Nighttime care, 3 months, 5 nights a week

Los Angeles – singleton

2024 August – 2025 May Kristen & Jeff Jones
Nighttime care, 7 months, 5 nights a week

Pasadena – singleton

Please see my work history from previous years on the following pages.

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2024-2025

2024 August – 2025 May Kristen & Jeff Jones
Nighttime care, 7 months, 5 nights a week

Pasadena – singleton

March – July Alexa & Paul Haines
Nighttime care, 5 months, 5 nights a week

Malibu – singleton

2023

January – March Jaqueline & Adam Milling
Night time care, 3 months, 5 nights a week

Culver City – singleton

April – November Chanel & Adrian Malin
Nighttime care, 6 months, 5 nights a week

Westwood – singleton

2022

2021 September – 2022 February Dana and Leah Pump
Nighttime care, 5 months, 3 nights a week

Porter Ranch – twins

May – August Alfred & Elisabeth Harris
Nighttime care, 4 months, 5 nights a week

Santa Monica – twins

Sherman Oaks – singleton

September – October Kim Finman
Nighttime care, 8 weeks, 5 nights a week

Culver City – singleton

October – December Rachael Kallick
Nighttime care, 10 weeks, 5 nights a week

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2021

February – May	Melisa Freid	Culver City – singleton
Nighttime care, 3 months, 5 nights a week		
July – August	Ami Doshi	Culver City – singleton
Nighttime care, 3 months, 4 nights a week		
September – 2022 February	Dana and Leah Pump	Porter Ranch – twins
Nighttime care, 4 months, 5 nights a week		

2020

January – February	Heather Saltzman	Venice – singleton
Nighttime care, 8 weeks, 5 nights a week		
February – March	Erin Broadhurst	Pasadena – singleton
Nighttime care, 6 weeks, 5 nights a week		
July – December	Alexa and Paul Haines	Malibu – singleton
Nighttime care, 5 months, 5 nights a week		

2019

February – May	Kelly and Bob Murran	Brentwood – twins
Nighttime care, 5 months, 3 nights a week.		

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2019

July – December Engemann Family
Nighttime care, 5 months, 5 nights a week

Santa Monica – twins

2018

January – March Taniguchi Family
Nighttime care, 2 months, 5 nights a week

Manhattan Beach – twins

March – June Robertson Family
Nighttime care, 10 weeks, 4 nights a week

Malibu – singleton

July – August Newmark Family
Nighttime care, 2 months, 3 nights a week.

Miracle Miles – singleton

May – July Roberts Family
Nighttime care, 3 months, 5 nights a week.

Sherman Oaks – twins

2017

February – March Vanessa Taylor
Nighttime care, 2 months, 5 nights a week

Santa Monica – singleton

March – July Brianne Uebelhard
Nighttime care, 3 months, 5 nights a week

Moorpark – twins

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2017

July – August Nicky Drobnick Studio City – singleton
Nighttime care, 5 weeks, 7 nights a week

August – September Beecher Family Encino – singleton
Nighttime care, 4 weeks, 7 nights a week

September – December Rozelle Family Santa Monica – singleton
Nighttime care, 3 months, 5 nights a week

2016

January – March Smith Family Beverly Hills – twins
Nighttime care, 2 months, 4 nights a week

April – May Rochelli Family Manhattan Beach – singleton
Nighttime care, 2 months, 5 nights a week

May – August Bosieger Family Santa Monica – singleton
Nighttime care, 3 months, 4 nights a week

September – November Kristine Campo Venice – singleton
Nighttime care, 10 weeks, 5 nights a week

November – December Brianne Tang Venice – singleton
Nighttime care, 6 weeks, 5 nights a week

WORK HISTORY IN FAMILIES HOME
2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2015

February – May Michelle Moore Venice – twins
Nighttime care, 3 months, 5 nights a week

June – July Thomas Family Encino – singleton
Nighttime care, 6 weeks, 5 nights a week

July – August	Monte Family	West Hollywood – singleton
Nighttime care, 3 weeks, 3 nights a week		

September – December	Nicole Steele	Los Feliz – singleton
Nighttime care, 3 months, 5 nights a week		

October – December	Khatira Brown	Los Feliz – singleton
Nighttime care, 3 months, 5 nights a week		

2014

February – May Allie & Robert Pulwer Moorpark, CA – singleton
Nighttime care, 3 months, 5 night a week

July – August	Erin Family	Santa Monica – singleton
Nighttime care, 8 weeks, 5 night a week		

December – June Ager Family Westlake Village – twins
Nighttime care, 3 months, 5 nights a week

WORK HISTORY IN FAMILIES HOME
2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2013

January	Beth Marconi Family	Los Angeles – singleton
Nighttime care, 4 weeks, 5 nights a week		

February – March Bhaedhayajibh Family Beverly Hills – singleton
Nighttime care, 4 weeks, 5 nights a week.

March – July Ledesma Family West Hollywood – twins
Nighttime care, 4 months, 5 nights a week.

July – August Muller Family Glendale – twins
Nighttime care for 6 weeks, 7 nights a week.

October – December Jennifer Loew Pasadena – singleton
Nighttime care, 3 months, 5 nights a week

2012

January – February Brian & Katie Kirschenmann
4 months, 24/5 care

Bakersfield– twins

February – July Valentich Family Beverly Hills – twins
Nighttime care, 4 months, 5 nights a week

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2012

July – August Muller Family

Pasadena – singleton

Nighttime care, 2 months, 5 nights a week

September – November Johnston Family

Calabasas – twins

Nighttime care, 3 months, 5 nights a week

2011

January – April Waterfield Family

Newport Coast – singleton

4 months, 24/7 care

June – August Howard Family

Simi Valley– twins

Nighttime care, 10 weeks, 6 nights a week

August – October Zeller Family

Rancho Palos Verdes – twins

Nighttime care, 3 months, 6 nights a week

October – December Brian & Katie Kirschenmann

Bakersfield – twins

24 hours care for 5 months until 2012 February

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2010

January – March Trevor Family
Nighttime care for 2 months, 7 nights a week
Thousand Oaks – twins

March – June Berry Family
Nighttime care, 3 months, 7 nights a week
Simi Valley – singleton

August – September Summers Family
Nighttime care, 5 weeks, 7 nights a week
Beverly Hills – singleton

October – December Lewis Family
Nighttime care, 3 months, 5 nights a week
Beverly Hills – twins

2009

January – March Mars Family
Nighttime care, 10 weeks, 5 nights a week
Sherman Oaks – singleton

March – May Lambert Family
Nighttime care, 2 months, 5 nights a week
Venice – twins

June – July Oerbach Family
Nighttime care, 5 nights a week.
Encino – singleton

July – August Levon Family
Nighttime care, 2 months, 5 nights a week
Santa Monica – twins

October – November Amitay Family
Nighttime care, 2 months, 6 nights a week
Westwood - twins

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2008

January – March Berkel Family Nighttime care, 3 months, 5 nights a week	Brentwood – singleton
February – April Gilbert Family Nighttime care, 2 months, 4 nights a week	Moorpark – singleton
May – August Neuhoff Family Nighttime care, 3 months, 5 nights a week	Beverly Hills – twins
October – December Weiser Family Night time care, 3 months, 5 nights a week	Brentwood – singleton

2007

January – March Jay & Katie Brown Nighttime care, 3 months, 5 days a week	Woodland Hills – twins
May – September Simon Family Nighttime care, 4 months, 5 nights a week	Studio City – singleton
November Altmann Family Nighttime care, 4 weeks, 5 nights a week	Beverly Hills – singleton
November – December Wilker Family Nighttime care, 6 weeks, 5 nights a week	Calabasas – singleton

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2006

February – April Davis Family Nighttime care, 3 months, 5 nights a week	Studio City – twins
June – August Wilson Family 2 months, 24 hrs	Beverly Hills – singleton
September – Poyack Family Nighttime care, 4 weeks, 5 nights a week.	Marina de Rey – singleton
October – December Roberts Family Nighttime care, 2 months, 4 nights a week	Santa Monica – twins
December – February Hook Family Nighttime care, 2 months, 5 nights a week	Malibu – singleton

2003 - 2006

Early Childhood Teacher Assistant
My Little Angel's Childcare Center, Hollywood, CA
Assisted with feeding, changing, and engaging 2 month–5 year olds in daily activities.

