



Krisztina Otvos

Newborn & Infant Sleep Specialist | Since 2006
Guiding Families to Better Sleep
Customized Sleep Solutions That Work

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 sleeptimesecrets.com

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 Certified**
- **TrustLine Registered**
- **Specialized in Premature Babies & Twins**
- **Expertise in Sleep Conditioning & Sleep Training**



WORK EXPERIENCE

IN-HOME OVERNIGHT NEWBORN CARE SERVICES:

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

- 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 Pasadena – singleton
Nighttime care, 7 months, 5 nights a week

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

2023

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

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

2022

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

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

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

October – December Rachael Kallick Culver City – singleton
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
Nighttime care, 4 weeks, 5 nights a week Los Angeles – singleton

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

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

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

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

2012

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

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

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

2012

July – August Muller Family
Nighttime care, 2 months, 5 nights a week

Pasadena – singleton

September – November Johnston Family
Nighttime care, 3 months, 5 nights a week

Calabasas – twins

2011

January – April Waterfield Family
4 months, 24/7 care

Newport Coast – singleton

June – August Howard Family
Nighttime care, 10 weeks, 6 nights a week

Simi Valley- twins

August – October Zeller Family
Nighttime care, 3 months, 6 nights a week

Rancho Palos Verdes – twins

October – December Brian & Katie Kirschenmann
24 hours care for 5 months until 2012 February

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2010

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

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

2009

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

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

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

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2008

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

2007

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

WORK HISTORY IN FAMILIES HOME

2006 – PRESENT ~ NEWBORN CARE SPECIALIST

2006

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

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.

