






Krisztina Otvos

**CERTIFIED NEWBORN CARE SPECIALIST &
PEDIATRIC SLEEP SPECIALIST | SINCE 2006**

In home overnight newborn care in the Los Angeles area and virtual sleep coaching for newborns, infants, and toddlers.

 818.299.7444

 info@sleeptimesecrets.com

 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**
- **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

2025–2026

February – May Rachel & Eoin McCarron
Nighttime care, 3 months, 4 nights a week

Los Angeles – singleton

2025 November – January Jennifer & Paul Slider
Nighttime care, 2 months, 5 nights a week

Brentwood – singleton

2025

2025 November – 2026 January Jennifer & Paul Slider
Nighttime care, 2 months, 5 nights a week

Brentwood – singleton

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

Los Angeles – singleton

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

Pasadena – singleton

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

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 Bakersfield– twins
4 months, 24/5 care

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 Thousand Oaks – twins
Nighttime care for 2 months, 7 nights a week

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

August – September Summers Family Beverly Hills – singleton
Nighttime care, 5 weeks, 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

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

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

July – August Levon Family Santa Monica – twins
Nighttime care, 2 months, 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		

